



# AFRESH

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# About me...



- I'm a Research Assistant working on this project two days a week
- I also work for ASH Scotland as a Policy Officer
- I used to work for the British Lung Foundation (until last month)

# The Dylos Intervention



- We've all found it useful
- The evidence base is developing with First Steps 2 Smoke-free
- But it's clunky!
- And are we making the best use of the information we have?

# Our Research Questions

- (1) Intervention development:
  - (a) What is the optimal way for parents to use the Dylos DC1700 for self-monitoring air quality in their home?
  - (b) How to best feed back the air quality data to parents?
  - (c) How to combine this feedback with additional motivational and goal setting techniques to create an effective intervention with sustained effects on behaviour?
  - (d) How can this intervention be most efficiently delivered within the context of existing services?
- (2) Intervention piloting:
  - (a) What is the likely proportion of smoking parents interested in (i.e., recruitment rates) and completing this intervention (i.e., completion/attrition rates)?,
  - (b) What is the likely effect size of the intervention on implementing smoke-free house rules and on the air quality in the house?



...or, more simply:

- How can we make this work better?



# The Theory



- This isn't my area!
- But my colleague Lorna Booth has worked on the theoretical underpinning of the intervention
- This will help us understand the way the intervention works and how it could work better
- She's produced three rapid reviews of literature on similar interventions
- Sadly she's now off to do a PhD!

# The Practice

- This is my focus
- From previous work, we know some of the barriers to using the intervention:
  - The process has lots of steps, and some people do things slightly differently
  - Downloading data and making a report is complex and time-consuming
  - It's difficult to integrate with existing services
- But there are other things we don't know:
  - Can participants understand the air quality feedback easily?
  - Is the feedback easy to give?

# How-to Guide

- This has been developed from current best practice
- Covers each stage of using the intervention
- It's available at <http://smokefreehomes.network/afresh>
- Your feedback would be much appreciated



# New software

- We've developed DylsGUI (working title...) which automates the process of making a report
- Plug in the Dyls, start the software, and let it give you the graph and feedback
- This is the bit where I try to be clever...

# Expert panel

- We're interviewing people who've used the intervention and those who haven't, to get their views on how it works and how it could be better
- Also suggesting new ways of visualising PM2.5, by changing, improving or adding to the graph
- That's happening this month and next
- Then we'll use their views and suggestions to improve the intervention

# Pilot study

- Then we'll be recruiting some participants to take part in a pilot study using the improved intervention
- That'll happen early next year
- Hopefully this will lead to a larger scale study later on to evaluate the changes we've made vs. the original intervention

# What does this mean for you?

- Hopefully some help using the Dyls!
- The how-to guide can be used today, so give it a try (and send us feedback)
- The software is being tested with a number of third sector groups and health boards
  - You can give it a try (<http://smokefreehomes.network/afresh>) but be aware that there will be bugs!
- We'll identify and fix further barriers to using the intervention, making things easier for you
- And hopefully we'll make the intervention better for participants

# Thank you!



- Feel free to drop me a line if you'd like to know more
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- My Aberdeen days are Wednesdays and Fridays