

Developed by experts

The SmokeFree Baby app has been designed by experts at University College London to help you tackle your smoking, even if you don't think you can stop completely.

Try out SmokeFree Baby

We are testing components of the app to see which work best. By using the app you are helping us to do this as different users will get different mix of components.

We invite you to join this study if you are age 18 and over, smoke cigarettes daily or at least once a week, and you are pregnant:

Download the SmokeFree Baby app to your smartphone

Use the code **'9123'** on the first page of the app

SmokeFree Baby provides you with expert advice on stopping smoking and it is FREE on Android and iOS.

By downloading the app you are joining a study testing different versions to see which components work best.



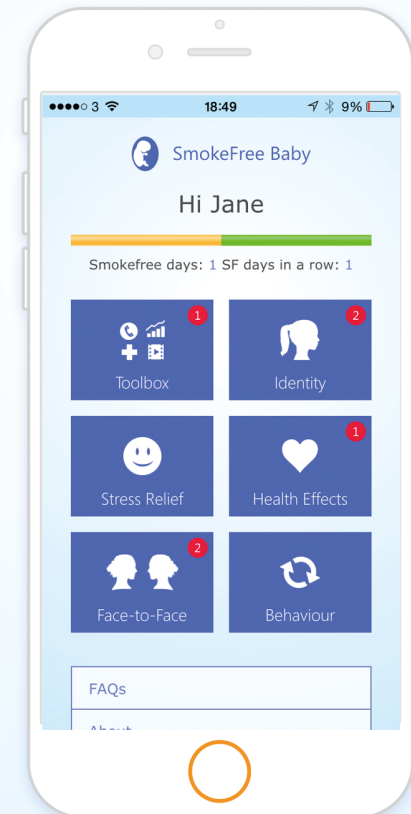
To get your SmokeFree Baby app visit smokefreebaby.co.uk or use a QR scanner above

www.smokefreebaby.co.uk



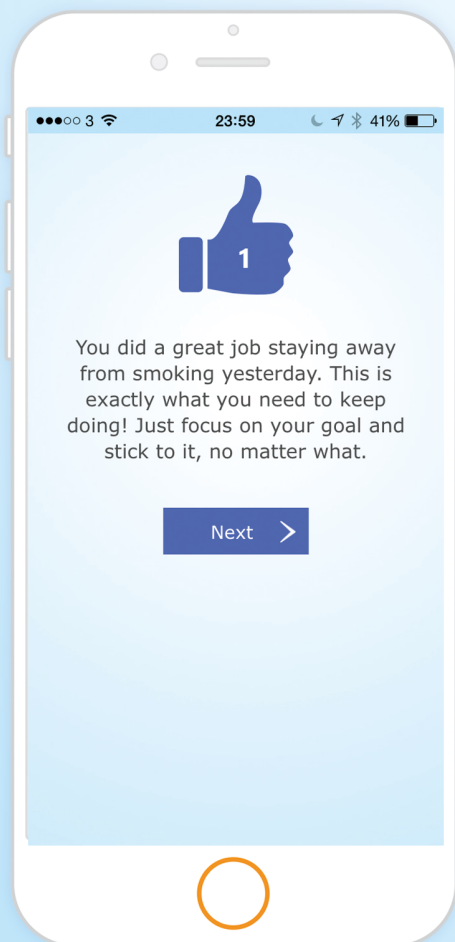
SmokeFree Baby

Download a FREE test version of the app to keep you and your baby healthy



www.smokefreebaby.co.uk

SmokeFree Baby is there to help you do what you can to avoid smoking during your pregnancy



Savings calculator

SmokeFree Baby works out the money you save by not smoking.

Monitoring your progress

SmokeFree Baby helps you keep track of your progress.

Tip of the day

SmokeFree Baby provides you with new tips and advice every day.

Being a 'non-smoker'

SmokeFree Baby aims to help you think like a non-smoker.

Stress

SmokeFree Baby aims to help you reduce your stress without smoking.

Cravings

SmokeFree Baby helps you distract yourself from your cravings.

Social situations

SmokeFree Baby is there to help you handle social situations without smoking.

Confidence

SmokeFree Baby aims to build your confidence and motivation to stop smoking.



SmokeFree Baby gives you stop smoking advice throughout your pregnancy



SmokeFree Baby

If you would like to learn more about the SmokeFree Baby app visit:

www.smokefreebaby.co.uk



This study was approved by the UCL's Psychology and Language Sciences Departmental Ethics Committee (Project ID: CEHP/2013/508)