Stay Quit Coach Mobile App

STOP SMOKING AND PREVENT RELAPSE

This application addresses the psychological, physical, and behavioral components of smoking, providing on-the-go tools that are easily accessible when they are needed most, including:

- Education on the risks of smoking, the benefits of quitting, and medication and nicotine replacement therapies
- Perspectives and coping tools for those who smoke after quitting
- Tools for coping with urges to smoke
- Reminders to take medications or nicotine replacement therapies
- Motivation by reminding users of reasons for quitting
- Help tracking the benefits of having quit smoking

Stay Quit Coach is based on Integrated Care for Smoking Cessation (ICSC) by Miles McFall and Andrew Saxon with David Kalman and Timothy Carmody, a treatment tailored for the specific needs of patients with chronic post-traumatic stress disorder (PTSD), designed to be integrated into ongoing psychotherapy. Based on widely published principles of evidence and consensus-based clinical practices, it has been shown to double quit rates of military Veterans with PTSD. The app is intended to be used in conjunction with ICSC but can be used as a standalone self-help tool.

This app is a collaboration between the Department of Veterans Affairs National Center for PTSD (NCPTSD), the Department of Veterans Affairs Sierra Pacific Mental Illness Research, Education, and Clinical Center (VISN 21 MIRECC), the Department of Defense National Center for Telehealth & Technology (T2), and the Department of Veterans Affairs Clinical Public Health Group (CPH).
Stay Quit Coach Features

On-the-go tools that are easily accessible when needed most. Includes:

- Controlled breathing
- The AARM coping plan to help Avoid, Alter, Replace, and Mentally cope with triggers
- Motivational messages demonstrated to be effective on their own by NCI
- Medication information and option to schedule reminders
- Education on the basics of smoking, common problems when quitting, and how to stay quit and deal with cravings and relapses

User enters three personalized reasons to stay quit and can attach a photo to each reason that can be enlarged for full-screen viewing to be used as motivation.

User can learn about the risks of smoking and the benefits of quitting.

Shows user number of days since quitting smoking and the accumulated health and financial benefits.

Psychoeducation, motivation, and Do’s and Don’ts for managing relapse and preventing a return to smoking.

Access to a quit smoking hotline and a crisis hotline
Add contacts to create a personalized support network
Links to suggested websites with information for staying quit