Looking to quit smoking? Tweet2Quit will help you kick the habit with a Twitter-based support group and free nicotine patches and gum. Below are the eligibility requirements for participating in Tweet2Quit.

You are **eligible** to participate in this study if:

- You are 21-59 years of age
- You speak English
- You have smoked at least 100 cigarettes in your lifetime and you are currently smoking at least 5 or more cigarettes a day
- You have a mobile phone with an unlimited texting plan (unlimited data not required)
- You send/receive text messages at least once a week
- You have an active email account
- You live in the continental USA
- You have internet access on your mobile phone
- You use social media regularly

You are **not eligible** to participate in this study if:

- You have any medical conditions, including an irregular heartbeat, high blood pressure not controlled with medication, have had a recent heart attack; or if you are pregnant or breast feeding
- You have skin allergies to adhesive tape or serious skin problems
- You are taking a prescription medicine for depression
- Our screening survey indicates that you are not prepared to quit in the next 30 days
- You use hard drugs
- You use marijuana regularly
- Someone in the same household or your immediate family has already participated, or will participate, in Tweet2Quit
- You do not provide all required personal contact information
- You have failed the screening survey in the past
- You participated in the Tweet2Quit between 2012-2013 in a Twitter group and had low tweet engagement (<1 week)

If you have any questions, please contact us at twitterrelapseprevention@gmail.com.