

## Smoking and substance use among young adults: Technology-based assessment and intervention

Mobile and digital health research methods offer novel opportunities to study smoking behavior and develop interventions for underserved groups of smokers. With 90% of young adults in the US using both smartphones and social media, those technologies are of growing interest to tobacco researchers.

On the other hand, the policy landscape related to marijuana legalisation is changing rapidly, and there is increasing co-use between cigarettes and other substances, including alcohol and marijuana.

This seminar will describe findings of innovative technology-based studies on smoking among young adults, including:

- 1) An ongoing Ecological Momentary Assessment (EMA) study to investigate cigarette smoking, as well as cigarette/alcohol and cigarette/marijuana co-use among young adults in the San Francisco Bay Area.
- 2) The results of a Randomized Controlled Trial with 500 young adult smokers testing the efficacy of a novel Facebook smoking cessation intervention.

Please [register now](#) for this ASPIRE2025 seminar .

### Keynote speaker: Johannes Thrul



Johannes Thrul is a postdoctoral scholar at the Center for Tobacco Control Research and Education at the University of California, San Francisco. He received his PhD in psychology in 2013 from Friedrich-Alexander-University Erlangen-Nuremberg, Germany.

His current research is utilising digital technology, including social media, to develop, test, and deliver evidence based cognitive behavioural interventions to prevent and treat substance use disorders.

### Seminar Schedule

- 11.45am Coffee/Tea
- 12.00pm Welcome
- 12.05pm Keynote address
- 12.45pm Questions & discussion

### HOW TO REGISTER

To register, please email [aspire2025@otago.ac.nz](mailto:aspire2025@otago.ac.nz) by Tuesday 9 May.

NOTE: This seminar is not available by web-conference but a recording may be available at a later date. Please email ASPIRE2025 for details.

## ASPIRE2025

is a national collaboration of leading New Zealand tobacco control researchers with experts from the University of Otago, Massey University, AUT, Tala Pasifika and Whakauae Research for Māori Health and Development.