



WASHINGTON STATE UNIVERSITY COLLEGE OF NURSING



Are you a young adult (18-26) that has been diagnosed with asthma? We need your help!

We are recruiting for a study about preventing asthma symptoms during wildfire smoke events. If you join our study, “Promoting Risk Reduction among Young Adults with Asthma during Wildfire Smoke Events,” you will be asked to participate for 2 months and:

- Complete an initial virtual meeting about the study (30-45 min)
- Complete online questionnaires 2, 4, and 8 weeks after enrollment (30 min)
- Breathe into a hand-held spirometer (breath monitor) 2, 4, and 8 weeks after enrollment (5 min)
- Download and enable a GPS ‘app’ during the study period.

At the virtual visit, you will be oriented to the study, and be randomized (like flipping a coin) to a study group. If you are randomized to an intervention group, you will also be asked to use a phone ‘app’ to record wildfire smoke observations and your symptoms. Participation will take between 3-10 hours of your time, depending on your group you are assigned to. You can earn between \$100 and \$200 in Amazon gift cards depending on your group assignment.

To be eligible to participate, you must meet the following criteria:

- 18-26 years old
- Diagnosed with asthma by a health care provider
- Own a smart phone (Android or iOS platforms)
- Speak and read English

You cannot participate if you:

- Already use the Smoke Sense app
- Had surgery within 3 weeks of the study start date
- Have a cardio-vascular condition
- Smoke
- Have or have had COVID 19 (that you’re aware of)

For more information and to see if you are eligible,

Call: Ross Bindler at 509-590-5767

Email: Nursing.TRAK@wsu.edu

Website: <https://bit.ly/WSUasthmastudy>



WSU IRB #18035-004
Approved: 7/15/2020
Valid until: 1/7/2021