

'Giving up smoking' stories shared for new resource on healthtalk.org
healthtalk.org/giving-up-smoking

A new section has been added to healthtalk.org today to support people who want to give up smoking.

The resource is based on the experiences of 34 people who shared their stories on film in interviews with University of Oxford researchers. Visitors to the website can find out how other people successfully gave up smoking by reading about the experiences of others and watching clips from the interviews.

The new 'Giving up smoking' section of healthtalk.org is comprised of 23 web pages and 250 video and audio clips and covers every aspect of giving up smoking such as reasons for smoking and giving up, impact on health, e-cigarettes, nicotine replacement and other methods for quitting smoking.

The research for the project was carried out by Laura Griffith, a researcher from The Health Experiences Research Group (HERG) at the University of Oxford's Nuffield Department of Primary care. Laura travelled around the country with a video camera, interviewing people in their own homes. Laura was supported in her research by a panel of experts including health professionals, researchers, interviewees from the project and a representative from QUIT.

The group uses the same method for each health issue covered on healthtalk.org. Sara Ryan, Research Director for HERG explains "We use rigorous research methods to capture the full ranges of experiences a patient might expect, not just the more sensational stories or hearsay you might find online".

healthtalk.org (formerly healthtalkonline) is run by an online charity that provides information and support around health issues by sharing patient stories. "healthtalk.org was founded on the belief that patients can offer invaluable advice and wisdom to others that are going through the same thing." says Jo Kidd, Communications Manager for the charity "People often tell us how relieved they feel to hear other people talk about their experiences, it reminds them that they aren't alone."

The new resource is available at: healthtalk.org/giving-up-smoking