

"My Change Plan" Mobile App



WHAT IS THE "MY CHANGE PLAN" APP?

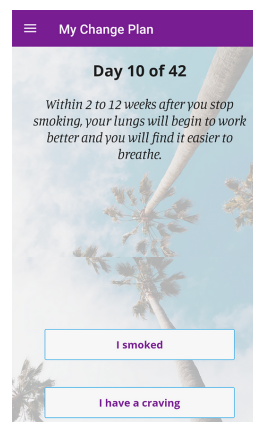
"My Change Plan" is an evidence-based, client-informed mobile app designed in collaboration with clinicians and researchers at the CAMH Nicotine Dependence Clinic. It is designed to help individuals quit, reduce or manage their tobacco cigarette smoking.

HOW CAN "MY CHANGE PLAN" BE USED IN CLINICAL PRACTICE?



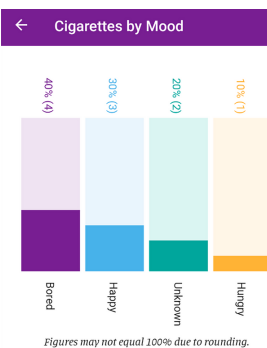
Create a Change Plan.

- Use behaviour change strategies to help clients develop a personalized **Change Plan**.
- This includes helping clients describe their current smoking habits, set a goal, determine motivations to quit, identify triggers, develop coping strategies, and more.



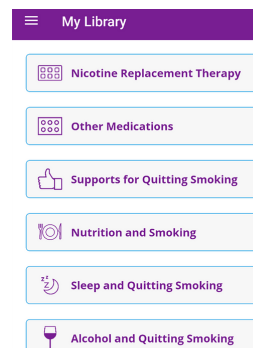
Track Progress.

- Users can **log cravings and cigarettes smoked**.
- They can also log their current mood, who they were with, location, and how strong the urge to smoke was.
- Users will receive **notifications** about their recorded behaviour, including affirmations, reminders and motivational messages.



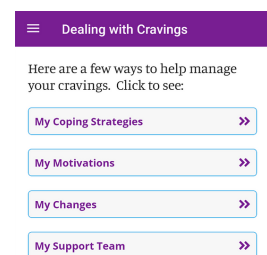
Identify Patterns.

- **"My Progress"** includes graphs and statistics about the user's reported smoking behaviour.
- Encourage clients to share their progress during appointments to help them understand the connection between their mood, environment and smoking.



Provide Resources.

- Encourage clients to review the app's **"My Library"** section to:
 - access free services,
 - learn about smoking cessation aids
 - learn about the relationship between smoking and other health behaviours, and more.



Utilize Motivational Interviewing.

- Provide affirmations where appropriate, and use reflective listening to elicit client's strengths, barriers and/or new triggers identified.
- Work together to re-assess and modify the client's change plan as needed, and review strategies for managing cravings under the **"Dealing with Cravings"** section.

Now available for download on the
App Store and Google Play

