"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?

My Change Plan

	nge Plan	
What is your goal?		
I want to quit s	moking	
I wish to reac	h this goal by	:
2022-01-01		
<	2/9	>

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.

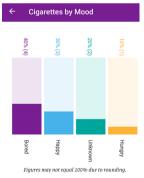
My Change Plan

Day 10 of 42 Within 2 to 12 weeks after you stop fooking, your lungs will find it easier to better and you will find it easier to breathe

I have a craving

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.



■ Dealing with Craving	s
Here are a few ways to hely your cravings. Click to see	
My Coping Strategies	»
My Motivations	»
My Changes	»
My Support Team	»

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.

≡ My Library		
Image: Second state Nicotine Replacement Therapy		
Other Medications		
Supports for Quitting Smoking		
Nutrition and Smoking		
^z ['] Sleep and Quitting Smoking		
Alcohol and Quitting 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



