

## Appendix of Figures

UCare Development Paper, Laura Akers, et al.

Figure A-1. UCare Basics: Sample Testimonial Page

Each “testimonial” page featured text drawn from formative interviews, with optional audio files for those preferring to listen.

RESPECT UNDERSTANDING CARE

UCare  
HELPING YOU SUPPORT YOUR PARTNER WHEN HE'S READY TO QUIT SNUFF OR CHEW

Home Basics Discussions Notebook Quitting Resources Ask an Expert

Before He Quits

SHOW RESPECT

Quitting needs to be his own decision

**It Has To Be For Him**

“ You can't quit for him. He's got to quit for himself. As women, we tend to be fixers, and we want to fix everything. I learned that you can't fix this. He has to fix it. It has to be for him. And until that happens, he's really not going to quit. ”

**I'm Not His Mom**

“ I asked him to stop but he didn't stop, which of course made me sad and frustrated, but I also realized that you can't make somebody quit. He's a grown man, and I'm not his mom, I'm his wife. So it had to be his decision. He has to quit for himself. ”

**His Body and His Choice**

“ It's his decision, his body, his choice. If he wants to do it he can do it. I can control what I put into my body and he can control what he puts into his. I can worry about me, and I can be there and support him, but ultimately, it's up to him. ”

**Take Notes**

Mark the points that seem useful to save in your Notebook, and add your own.

- Using or quitting tobacco has to be his responsibility and his choice.
- You can't quit for him, and you can't make him quit.
- Check the box to the left, then type or copy-and-paste your own notes here.

< Back Next >

About Us | Contact Us | Privacy Statement ©2014 Oregon Research Institute. All Rights Reserved

Figure A-2. "Nicotine in the Brain" Video

This animated video is accompanied by both text and an audio voiceover.

RESPECT UNDERSTANDING CARE

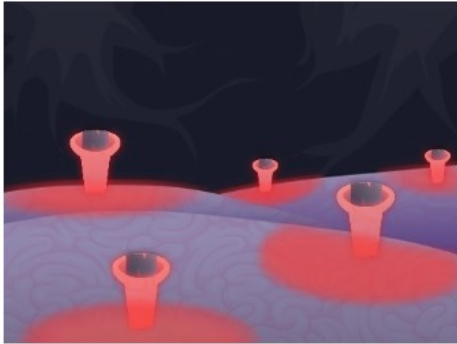
**UCare** [Logout](#)

HELPING YOU SUPPORT YOUR PARTNER WHEN HE'S READY TO QUIT SNUFF OR CHEW

[Home](#) [Basics](#) [Discussions](#) [Notebook](#) [Quitting Resources](#) [Ask an Expert](#)

[< Back to Learn About Addiction](#)

### Nicotine in the Brain



When people use tobacco, the nicotine stimulates receptors in the brain to release dopamine, the body's pleasure chemical. Using tobacco again and again will increase the number of nicotine receptors in the brain. This changes the brain's expectations for how much dopamine is normal. When you quit tobacco, these receptors no longer get nicotine, and the brain releases stress chemicals to alert the person that something is wrong. This causes nicotine withdrawal symptoms. Eventually, if the person can stick it out and stay off tobacco, their nicotine receptors and the chemistry of their brain will return to normal.

[< Back to Learn About Addiction](#)

[About Us](#) | [Contact Us](#) | [Privacy Statement](#) ©2014 Oregon Research Institute. All Rights Reserved.

Figure A-3. "Megan's Morning" Story

Users have the option to read the story, read while listening, or listen only.

Logout

HELPING YOU SUPPORT YOUR PARTNER WHEN HE'S READY TO QUIT SNUFF OR CHEW

---

Home

Basics

Discussions

Notebook

Quitting Resources

Ask an Expert


---

< Back to Learn About Addiction

Read and Listen

Read Only

## Megan's Morning



The first night after she quit smoking, Megan had trouble sleeping. The alarm jerked her out of a troubled, sweaty doze, and her morning shower didn't wake her brain up the way it usually did.

"You okay, honey?" her husband Kevin asked. He ran an electric razor over his face while she put on makeup. They shared the bathroom mirror.

"No," she snapped. She set down the mascara wand and took a deep breath. "I'm sorry. It's hard, Kev."

He stroked her back. "You've made it a whole day without cigarettes. You can do it again. You're strong. You can do this."

"I am, and I can." Megan tightened her hands into fists and stared into her eyes in the mirror. *Cigarettes are not my friends. They make me stink. They hurt the kids. They can destroy me. I hate these cravings. I hate all*

*the money I waste on this habit. I hate this never-ending cough. I hate having to go outside all the time to smoke. I want to take deep breaths of fresh air and be able to taste and smell it. I don't want to be coughing up blood, like Judy. I don't want surgery, chemo, and radiation, like Judy.*

In the kitchen, Megan stirred up a pot of oatmeal while Kevin poured them both coffee. "Jana! Charlie!" Megan called up the stairs when the oatmeal had thickened enough to eat. Sleepy kids came down, thirteen-year-old Jana wearing her school backpack over one shoulder and carrying her socks, eleven-year-old Charlie with his shirt on inside out.

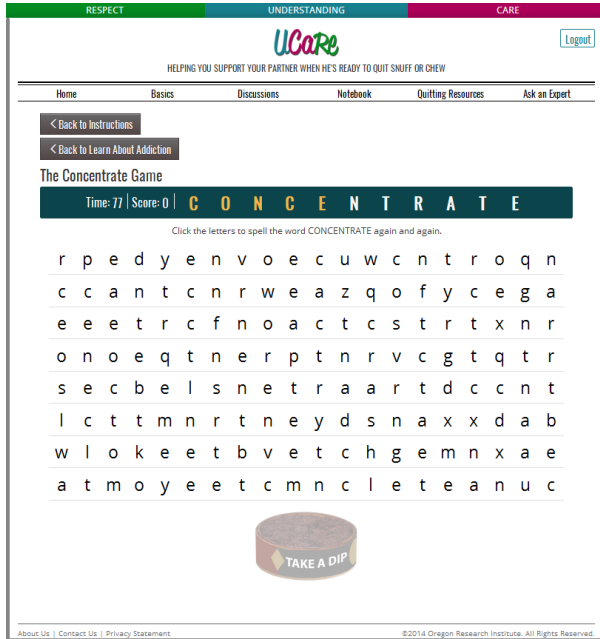
"Charlie! What were you thinking?" Megan said.

Her son looked at her with wide eyes.

*Megan's hand tightened on the wooden spoon she held. Charlie always came down mussed, and sometimes he went to*

Figure A-4. The CONCENTRATE Game: Normal and Flashing Modes

During the normal mode, the user clicks on letters to spell out the word “concentrate.”



At regular intervals, the screen starts to flash distractingly, and the letters turn colorful and pulse in and out of view, making it much more challenging to find them. If the user clicks on the flashing “Take a Dip” can, the flashing goes away instantly and the normal view is restored. If the user is patient, the normal review is eventually restored without “taking a dip” as well.

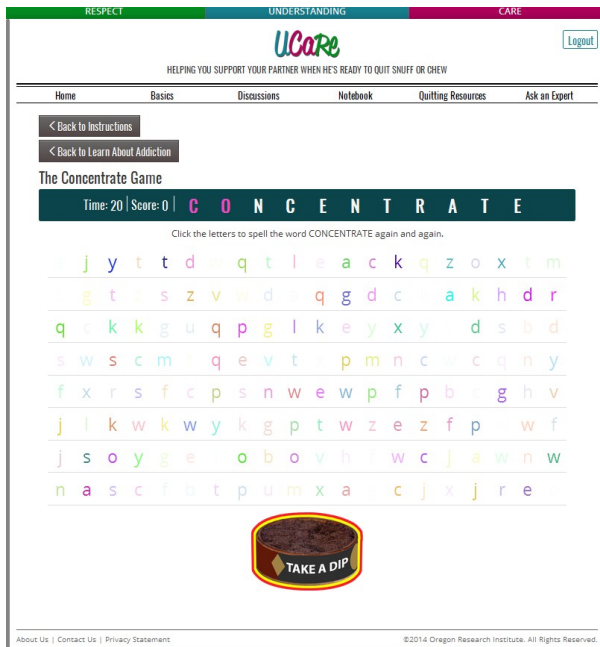


Figure A-5: My Notebook – Things to Do

My Notebook has two printable pages, Things to Remember (populated from the Take Notes box on Basics pages), and Things to Do (populated from the Basics checklist pages).

The screenshot shows the 'My Notebook - Things to Do' page. At the top, there are three colored tabs: 'RESPECT' (green), 'UNDERSTANDING' (blue), and 'CARE' (purple). Below these is the 'UCaRe' logo and a 'Logout' button. A navigation bar contains links for 'Home', 'Basics', 'Discussions', 'Notebook' (which is highlighted), 'Quitting Resources', and 'Ask an Expert'. The main heading is 'Things to Do'. Below this, a paragraph explains that these are tasks chosen in 'The Basics' and can be checked off, unchecked, or deleted. A 'Print List' button is on the right. The page is divided into two sections: 'My Partner's Choices' and 'My Support Goals'. 'My Partner's Choices' includes two items: 'Ways to help him get expert assistance with quitting:' with a checkbox for 'Help him call the QuitLine', and 'Things to buy or make for him:' with a checkbox for 'Buy him special beverages - what kinds? *apple juice*'. 'My Support Goals' includes two items: 'Talk to your partner about his smokeless use, with the goal of understanding him better.' and 'Learn more about tobacco and addiction.' Each item has a checkbox and a trash icon. A '< Back' button is at the bottom left. The footer contains 'About Us | Contact Us | Privacy Statement' and '©2014 Oregon Research Institute. All Rights Reserved.'

Figure A-6. UCare Basics: Sample Checklist Page

Choices made on checklist pages populated the “Things to Do” page in “My Notebook” (Figure A-6).

RESPECT UNDERSTANDING CARE

UCare

HELPING YOU SUPPORT YOUR PARTNER WHEN HE'S READY TO QUIT SNUFF OR CHEW

Logout

Home Basics Discussions Notebook Quitting Resources Ask an Expert

When He's Quitting

### Manage your own stress, too.

It can be stressful to be around someone who's quitting tobacco. Choose the stress management ideas you'd like to add to your Notebook.

- Feel better - use a warm neck pillow for 10 minutes, trade shoulder rubs, listen to calming music, take the kids out for a walk.
- Breathing - deep breathing for a few breaths or a few minutes helps right away.
- Exercise - take a quick walk with him or alone, go for a run, do yoga, stretch, dance, get up and move around.
- Visualization - create a beautiful, relaxing scene in your imagination. It calms the brain, replacing negative thoughts with happy, cheerful, relaxing thoughts.
- Talk to a friend - use your network of friends and get a new perspective. Express your worries and frustrations to a friend, not to your partner.
- Meditate - it reduces muscle tightness, helps oxygen flow to the brain, increases blood circulation, improves concentration, and helps you sleep better.
- Enjoy your partner - spend quality time with him, doing something special, meaningful, and relaxing that you both enjoy.
- Remember this will pass - with nicotine withdrawal the crabbiness and cravings will go away. Keep your sights on the long term. It's easier to support him if you can keep yourself calm. Know that these techniques will also work for him. If he sees you keeping calm through the storm, he may try them too!

“ Make sure that your stress doesn't add to his stress. ”

< Back Next >

About Us | Contact Us | Privacy Statement ©2014 Oregon Research Institute. All Rights Reserved.

Figure A-7. Sample UCare Discussion Topic Page

The Discussion Topic pages address topics of special interest to some but not all users. Users have the option of commenting and creating a social community.

RESPECT

UNDERSTANDING

CARE


Logout

HELPING YOU SUPPORT YOUR PARTNER WHEN HE'S READY TO QUIT SNUFF OR CHEW

---

Home
Basics
Discussions
Notebook
Quitting Resources
Ask an Expert

---



### "Ice breakers"

Great ways to raise the topic of quitting with your partner.

Bringing up the subject of quitting can be hard. What you choose to say and how you say it can make the difference between starting a discussion or a fight.

Here are some "ice breakers" you can use to start a conversation about quitting.

- "I just read a new research study that says tobacco has been linked to even more diseases, and that quitting can extend your life by 10 years. I sure would like to have you around longer! Do you think you might consider quitting?"
- "I signed up for this program to help me support you better, whenever you decide to quit using tobacco. What kinds of things could I do that you would find helpful?"
- "Today I heard that a friend's husband died. I don't know what I would do if I lost you. I love you, and want you to be around for a very long time. Maybe we could think of some ways to live healthier lives?"
- "I just saw that digital camera we wanted on sale. You know, if I stopped smoking, and you quit chewing, we could save that money in six months, and buy that camera!"

Remember to RESPECT his judgment—he'll know when he's ready to quit. Let him know that you CARE about him no matter what he decides. Listen to him and UNDERSTAND his perspective.

*What are some of your favorite ice breakers? What did you say that got the conversation off to a good start?*

Community Guidelines

Suggest a Topic

⊕ Show All Topics

#### Recent topics

"But it's disgusting..."

Loving your partner while hating tobacco

"Quitting together"

What to do when both of you are ready to quit tobacco.

"I think he's using again!"

What to do when your partner has a quitting setback.

"It's been between us for years"

Overcoming relationship "friction" and getting your tobacco conversation back on track.

"I've never been addicted, but..."

Learning to relate to addiction and the challenges of quitting

### Comments

Add Comment

Lfox

06/16/15 - 11:55am

How helpful was this comment?

★ ★ ★ ★ ★

Avg: 0 star(s) | 0 rating(s)

I love the suggestion of both making sacrifices for a common goal so he doesn't feel like he's getting attacked and needs to get defensive!

---

About Us | Contact Us | Privacy Statement
©2014 Oregon Research Institute. All Rights Reserved.