**Smoke-free Dads: A game changer for better health**
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**INTRODUCTION**

**Background:**
- There is a need for father-specific smoking cessation resources
- Majority of resources targeted towards mothers
- Children play a strong role in motivating fathers to quit smoking
- Key factors include potential effects on the child’s health and their ability to care for the child
- The use of gaming strategies has been shown to be effective in promoting positive health behaviour changes
- An effective approach may include designing smartphone apps for supporting smoking cessation

**Objectives:**
- Expand the reach of the Dads In Gear (DIG) program – a group-based smoking cessation program tailored for fathers
- Design a smartphone app with information, tools and gamification strategies to support smoking cessation

**METHODS**

1. Review of literature
2. Development of app prototypes
3. Gather father feedback on prototypes

**PRELIMINARY FINDINGS & NEXT STEPS**

**Next Steps:**
- Participants have expressed financial incentives and family health are important parts of the app for motivation
- The game components were positively reviewed with suggestions for improvement
- Personalisation of app were viewed favourably to provide tailored support and notifications

**CONCLUSION**

The DIG smartphone app has the potential to reach a wide range of fathers who smoke and provide a valuable addition to existing smoking cessation resources.

**REVIEW OF LITERATURE**

**Focused review of literature included:**
- Evaluations of health apps developed for men
- Studies re: fathers and smoking cessation
- Use of gamification to support behaviour change

** behaviour Change Techniques:**

Highlighted examples of Behaviour Change Techniques (BCT) used in gamification:

- Self-monitoring
- Goal Setting
- Feedback
- Credible Source
- Social Support
- Prompts / cues

These BCTs are used and integrated into the DIG smartphone app.

**DEVELOPMENT OF APP PROTOTYPES**

Evidence-based, father-friendly, high-fidelity app prototypes to support smoking cessation, fathering, and healthy lifestyles were designed, including:

- Distraction game
- Rewards page
- Quizzes
- Smoking cost calculator
- Community board
- Quit stories from other dads

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