**“I can resist everything except temptation.” Oscar Wilde**

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***Help us understand how attention and reaction affect drinking and smoking by participating in a study!***

Are you a social drinker? Or do you smoke? Come and take part in our study! Research has shown that attention and reactions can affect drinking and smoking – so what happens for you? Are you sucked in by a smoke or a drink, or is there something you can do about it?

**If you’re over 18, and you’ve had more than 12 drinks or smoked cigarettes in the last year,** you’re invited to take part in a study examining how state of mind affects use of substances.

If you decide to participate, you will be asked to complete an anonymous **online survey**, which will take about **30 minutes**. The survey will include questions about your alcohol or cigarette use, and your state of mind and response to craving. Your responses will be entirely confidential.

Once you complete the survey you can register for a chance to win a **$50 book voucher** every month up to the end of this study (October 2013).

Go to [https://macquariehs.qualtrics.com/SE/?SID=SV\_6QcqsKYzeNryBFj](http://www.mindfulness.net.au/CampaignProcess.aspx?A=Link&VID=13147695&KID=101385&LID=453462&O=https%3a%2f%2fmacquariehs.qualtrics.com%2fSE%2f%3fSID%3dSV_6QcqsKYzeNryBFj) to register or get more information. Your participation will be very useful and greatly appreciated.

This study is being conducted by Sarah Masters (email: [Sarah.Masters@students.mq.edu.au](mailto:Sarah.Masters@students.mq.edu.au), Ph: 0404 323 470) of the Centre for Emotional Health, Macquarie University Department of Psychology under the supervision ofA/Prof Andrew Baillie (email: [Andrew.Baillie@mq.edu.au](mailto:Andrew.Baillie@mq.edu.au), Ph: 02 9850 9436) of the Macquarie University Department of Psychology, and Dr Bruno Cayoun of the University of Tasmania Department of Psychology.

***“Better learn balance. Balance is key”***

**Mr Miyagi**

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***Help us understand how attention and reaction affect drinking and smoking by participating in a study!***

Do you meditate? Or maybe you do yoga or go for a jog to refocus and manage life challenges? Come and take part in our study! We want to know how you cope with desire for alcohol and cigarettes. Research has shown that attention and reaction can affect drinking and smoking – so what happens for you?

**If you’re over 18, and you’ve had more than 12 drinks or smoked cigarettes in the last year,** you’re invited to take part in a study examining how state of mind affects use of substances.

If you decide to participate, you will be asked to complete an anonymous **online survey**, which will take about **30 minutes**. The survey will include questions about your alcohol or cigarette use, and your state of mind and response to craving. Your responses will be entirely confidential.

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