

Center for Remote Health Monitoring



Atrium Health



Wake Forest University
School of Medicine



Seminar Series

November 12th, 2024, 12:00

Roger Vilardaga Viera, PhD

Associate Professor

Department of Implementation Science, ABHA Lab

Wake Forest University School of Medicine

"Development of a Digital Therapeutic to Treat Smoking Cessation for People with Serious Mental Illness: Updates from the Mind to Quit Trial"

Abstract:

Smoking tobacco shortens the lifespan of adults with serious mental illness by 25 years and contributes to \$317 billion in healthcare expenditures and indirect loss of earnings and disability benefits. In this presentation we will describe the development of a novel digital therapeutic to deliver wider-reaching smoking cessation interventions to individuals with serious mental illness. The talk will also provide an update about the Mind to Quit Trial, a study funded by NIDA that is currently evaluating the efficacy of this novel digital therapeutic in a decentralized clinical trial across the US.

Speaker Bio:

Roger Vilardaga Viera, Ph.D. is an Associate Professor with Tenure at the Department of Implementation Science at Wake Forest University. He is also Affiliate Professor at the Department of Human Centered Design and Engineering at the University of Washington. Dr. Vilardaga Viera studied psychology at the Universitat de Barcelona and received his doctoral degree in clinical psychology from the University of Nevada, Reno. He has contributed to the study and development of several digital interventions, including Mindful Daily, SmartQuit, Tummy Trials, Eyes Free Yoga, Mindful Powers, and Pain Tracker Self Management. He created and designed Learn to Quit, the first NIH-funded digital therapeutic to deliver smoking cessation treatment for individuals with serious mental illness. Dr. Vilardaga has served as ad-hoc reviewer for more than 25 scientific journals and 9 granting institutions and is currently a standing member of IPTA at NIH's Center for Scientific Review.

- You may join us either ***in-person*** (Biotech Place – Auditorium; free parking provided) or ***virtually*** (MS Teams).
- **Note: Registration is required, so please register by clicking [HERE](#)**