

Dr Loren Kock

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Post-doctoral experience

2022 - Present | University of Vermont | Post-doctoral Research Fellow

2020 - 2022 | University College London | Post-doctoral Research Fellow

Education

2017 - 2020 | University College London | PhD in Epidemiology and Behavioural Science

- **Thesis title:** The impact of e-cigarettes and individual-level interventions on socioeconomic inequalities in smoking cessation
- **Relevant training:**
 - Systematic review and meta-analysis (University of Bristol)
 - Regression modelling (including time-series analysis) in R (UCL Centre for Applied Statistics)
 - Causal inference (Miguel Hernan course)
 - SPECTRUM alcohol policy workshop (University of Stirling)
 - UKCTAS tobacco control module (University of Nottingham)
 - Introduction to Bayesian Analysis (UCL Centre for Applied Statistics)
 - Statistical Rethinking: A Bayesian Course with Examples in R (Richard McElreath)
 - Agent based modelling and simulation (European Social Simulation Association)
 - Systems science and population health

2015-2016 | University College London | MSc in Global Health

- **Award:** Distinction
- **Dissertation:** Family Planning and the Samburu: A Qualitative Study Exploring the Thoughts of Men on a Population Health and Environment Programme in Rural Kenya.

2011-2015 | University of Edinburgh | BSc in Biomedical Sciences

- **Award:** High 2:1
- **Dissertation:** The implications of HIV-TB comorbidity in the eradication of HIV (Distinction)

Primary author publications

- Kock, L., Brown, J., Cox, S., McNeill, A., Robson, D., Shahab, L., ... & Brose, L. S. (2022). Association of psychological distress with smoking cessation, duration of abstinence from smoking, and use of non-combustible nicotine-containing products: A cross-sectional population survey in Great Britain. *Addictive Behaviors*, 107570.
- Kock, L., Shahab, L., Moore, G., Shortt, N. K., Pearce, J., & Brown, J. (2022). Assessing the profile of support for potential tobacco control policies targeting availability in Great Britain: a cross-sectional population survey. *Tobacco Control*.

- Tattan-Birch, H.*, Kock, L.*, Brown, J., Beard, E., Bauld, L., West, R., & Shahab, L. (2022). E-cigarettes to Augment Stop Smoking In-person Support and Treatment with varenicline (E-ASSIST): a pragmatic randomised controlled trial. *Nicotine & Tobacco Research*. (*joint first author)
- Kock, L., Shahab, L., Bogdanovica, I., Brown, J. The profile of menthol cigarette smokers in the months following the removal of these products from the market: a cross-sectional population survey in England. *Tobacco Control*.
- Kock, L., Brown, J., Shahab, L., Tattan-Birch, H., Moore, G., & Cox, S. (2021). Inequalities in smoking and quitting-related outcomes among adults with and without children in the household 2013-2019: A population survey in England. *Nicotine & Tobacco Research*.
- Kock, L., Shahab, L., Moore, G., Beard, E., Bauld, L., Reid, G., ... & Brown, J. (2021). Protocol for expansion of an existing national monthly survey of smoking behaviour and alcohol use in England to Scotland and Wales: The Smoking and Alcohol Toolkit Study. *Wellcome Open Research*, 6(67), 67.
- Kock, L., Brown, J., Shahab, L., Moore, G., Horton, M., & Brose, L. (2021). Smoking, distress and COVID-19 in England: cross-sectional population surveys from 2016 to 2020. *Preventive medicine reports*, 101420.
- Kock, L., Brown, J., & Shahab, L. (2020). Association of Socioeconomic Position With e-Cigarette Use Among Individuals Who Quit Smoking in England, 2014 to 2019. *JAMA Network Open*, 3(6), e204207-e204207.
- Kock, L., & Brown, J. (2020). Commentary on Smith et al.(2020): Equity positive impact of English Stop Smoking Services underlines need for comprehensive approach to public health interventions. *Addiction*, 115(1), 47-48.
- Kock, L., Brown, J., Hiscock, R., Tattan-Birch, H., Smith, C., & Shahab, L. (2019). Individual-level behavioural smoking cessation interventions tailored for disadvantaged socioeconomic position: a systematic review and meta-regression. *The Lancet Public Health*, 4(12), e628-e644.
- Kock, L., Shahab, L., West, R., & Brown, J. (2019). E-cigarette use in England 2014–17 as a function of socio-economic profile. *Addiction*, 114(2), 294-303.
- Kock, L., & Prost, A. (2017). Family planning and the Samburu: a qualitative study exploring the thoughts of men on a population health and environment programme in rural Kenya. *International journal of environmental research and public health*, 14(5), 528.

Publications as co-author

- Jackson, S. E., Shahab, L., Kock, L., West, R., & Brown, J. (2019). Expenditure on smoking and alternative nicotine delivery products: a population survey in England. *Addiction*, 114(11), 2026-2036.
- Smith, C. A., McNeill, A., Kock, L., & Shahab, L. (2019). Exploring mental health professionals' practice in relation to smoke-free policy within a mental health trust: a qualitative study using the COM-B model of behaviour. *BMC psychiatry*, 19(1), 1-12.
- Smith, C. A., McNeill, A., Kock, L., Ahmed, Z., & Shahab, L. (2019). Mental health professionals' perceptions, judgements and decision-making practices regarding the use of electronic cigarettes as a tobacco harm reduction intervention in mental healthcare: A qualitative focus group study. *Addictive behaviors reports*, 10, 100184.
- Beard, E., Brown, J., Jackson, S. E., West, R., Kock, L., Boniface, S., & Shahab, L. (2021). Independent associations between different measures of socioeconomic position and smoking status: A cross-sectional study of adults in England. *Nicotine and Tobacco Research*, 23(1), 107-114.
- Tattan-Birch, H., Jackson, S., Shahab, L., Hartmann-Boyce, J., Kock, L., Simonavicius, E., ... & Brown, J. (2020). Heated tobacco products for smoking cessation and reducing smoking prevalence. *Cochrane Database of Systematic Reviews*, (11).
- Tattan-Birch, H., Brown, J., Kock, L., & Shahab, L. (2021). Moderators of the association between regular smoking exposure and motivation and attempts to quit: a repeat cross-sectional study. *Addiction*.
- Cox, S., Brown, J., Kock, L., & Shahab, L. (2021). Prevalence and Characteristics of Ever Regular Use of Non-combustible Nicotine for One-year or More: A Population Survey in England. *Harm Reduction*
- East, K., McNeill, A., Reid, J. L., Burkhalter, R., Kock, L., Hyland, A., ... & Hammond, D. (2022). Evaluating the impact of the menthol cigarette ban in England by comparing menthol cigarette smoking among youth in England, Canada, and the US from 2018-2020. *JAMA Network open*.
- Perski, O., Theodoraki, M., Cox, S., Kock, L., Shahab, L., & Brown, J. (2022). Associations between smoking to relieve stress, motivation to stop and quit attempts across the social spectrum: A population survey in England. *PLoS one*, 17(5), e0268447.
- Jackson, S. E., Kock, L., Kotz, D., & Brown, J. (2022). Real-world effectiveness of smoking cessation aids: a population survey in England with 12-month follow-up, 2015-2020. *Addictive Behaviors*, 107442.

- Tattan-Birch, H., Jackson, S., Kock, L., Dockrell, M. & Brown, J. (2022). Rapid growth in disposable e-cigarette vaping among young adults in Great Britain from 2021 to 2022: a repeat cross-sectional survey. *Addiction*
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Skills & Abilities

Data analysis

- Statistical modelling and analysis of population-level survey data and randomised controlled trial data
- Data wrangling and statistical programming languages: R, STATA, SPSS
- Qualitative data analysis (NVivo software)

Communication

- Oral and poster presentations of research at European and international SRNT conferences.
- Presentation of research findings at Cancer Research UK forum. Public Health Wales.
- Presentation of research to University of California, San Francisco Centre for Tobacco Control Research
- Educational seminar at department for HIV care, Brighton and Sussex University Hospitals NHS Trust.
- Recruitment of eight local authority stop smoking services into a large randomised controlled trial.
- Lecture to MSc and BSc programmes at UCL on epidemiology and population health topics.

Teamwork

- I have been a co-author on 8 research publications with colleagues working within the UCL Tobacco and Alcohol Research Group.
 - Co-leading a large pragmatic randomised controlled trial involving the offer of e-cigarettes for smoking cessation at local authority stop smoking services in London.
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Experience

2020 - Present | University College London | Post-doctoral Research Fellow

My research position within the UCL Tobacco and Alcohol Research Group involves:

- Expanding an existing informative data source in England – the Smoking and Alcohol Toolkit Study – to other nations in Great Britain using new participatory methods to refine data collection in response to evolving policymaker needs and public interest
- Developing and applying new methods from applied statistics and economics for integrating data and forecasting new trends. Building towards a microsimulation model of smoking and quitting in Great Britain to identify emergent effects from divergent policy scenarios.

2017 - 2020 | University College London | Cancer Research UK PhD candidate

My PhD supports a Cancer Research UK-funded programme to advance and integrate population and individual approaches to smoking cessation. Key PhD studies include:

- Modelling population-level e-cigarette use in England among smokers and ex-smokers according to socio-economic position, using data from the smoking toolkit study.
- A systematic review and meta-regression assessing the benefit of tailoring smoking cessation interventions for disadvantaged socioeconomic position.
- A process evaluation of a randomised controlled trial. Assessing the acceptability of the offer of an e-cigarette alongside usual care in stop smoking services.
- A mixed-methods feasibility study exploring patterns of ‘smart’ e-cigarette use among socioeconomically disadvantaged smokers.

2016 - 2017 | My Clinical Outcomes | Analyst

My Clinical Outcomes is a web-based system for collecting patient-reported data with real-time clinician and management reporting. My duties here included:

- Developing a clinician and provider analysis framework using Tableau visualisation software, through which tailored external user reports were created.
 - Managing and developing the company website.
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Academic citizenship

Teaching and supervision

- Co-lead and lecturer of module on “Perspectives on Global Health” part of BSc population health
- Deliver lectures on the epidemiology of smoking and tobacco control policy on two taught programmes at UCL:
 - MSc Cancer
 - BSc Population Health
- Teaching assistant in Quantitative research methods on three MSc programmes at UCL:
 - BSc Population Health
 - MSc Social Epidemiology
 - MSc Health Psychology
- MSc dissertation supervisor on the MSc in Health Psychology

Peer review

- Journal of Nicotine and Tobacco Research
- Addiction
- PLOS one
- Journal of Adolescent Health
- BMJ Tobacco Control
- BMC Public Health
- Journal of Environmental and Public Health Research

Society memberships

- Society for Research on Nicotine and Tobacco
- Society for the Study of Addiction
- Royal society of Public Health

Committee memberships

- Society for Research on Nicotine and Tobacco Policy Network
 - Society for Research on Nicotine and Tobacco Treatment Research Network
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Research impact

- Collaboration with Action on Smoking and Health providing regular research input and data to support tobacco control policy debate in (Hansard, UK parliament.)

- Commissioned by Public Health England to do data analysis and presentation of trends on e-cigarette use in England to inform UK government ministers on the 2021 Tobacco Control Plan.
- Commissioned by the Obesity Health Alliance to model trends in obesity among 10–11 year-olds in England using data from the National Child Measurement Programme. Informed government policy briefing.

Awards and Funding

2022 – SPECTRUM innovation fund

Measuring gambling behaviour in the Smoking and Alcohol Toolkit Study. UK Prevention Research Partnership: £15,000

2020 - SRNT Travel award

Selected by the Society for Research on Nicotine and Tobacco 2020 Program Committee Co-Chairs to receive a travel award to attend the upcoming annual meeting in New Orleans, March 2020. \$1,200

2017 - Cancer Research UK PhD Studentship

Funded PhD in Epidemiology and Public Health at University College London. Annual stipend £21,000

2016 - Chadwick Trust Travelling Fellowship

Awarded to students in the study of public health in relation to water, sanitation, engineering, poverty and/or local environmental conditions. £2000

Signed: 

Date: 15/09/2022