



Universiteit
Leiden

The Netherlands

From smoke to sweat: developing and evaluating an accessible virtual coach to support smoking cessation and physical activity

Vliet, M.H.M. van

Citation

Vliet, M. H. M. van. (2026, May 12). *From smoke to sweat: developing and evaluating an accessible virtual coach to support smoking cessation and physical activity*. Retrieved from <https://hdl.handle.net/1887/4303546>

Version: Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/4303546>

Note: To cite this publication please use the final published version (if applicable).

From Smoke to Sweat

Developing and evaluating an accessible virtual coach to support smoking cessation and physical activity

Milon van Vliet

1. Developing virtual coach interventions in close collaboration with the target population enhances feasibility, acceptability, and effectiveness. *(this dissertation)*
2. Incorporating theoretical foundations and relevant behavior change techniques increases the likelihood of intervention success. *(this dissertation/research field)*
3. Even a personalized intervention cannot be equally suitable for all, as efforts to improve accessibility for some may reduce relevance for others. *(this dissertation)*
4. Inclusive interventions cannot be effectively evaluated without equally inclusive research procedures. *(this dissertation)*
5. The rapid, iterative development of digital interventions often outpaces rigid traditional study designs, highlighting the need for adaptive evaluation approaches. *(research field)*
6. Achieving meaningful patient and public involvement requires a culture change in research. *(research field)*
7. Interdisciplinary collaboration thrives when teams invest in understanding each other's languages and expectations; the challenges it brings spark innovative ideas. *(research field)*
8. Personalized support, humor, and enjoyable distractions help cope with stressful smoking cravings and boost positive affect. *(this dissertation)*
9. Personalized support, humor, and enjoyable distractions similarly help navigate a PhD trajectory, manage stressful work situations, and maintain enjoyment in research.
10. Taking a moment to ask about the person, not just work, helps bring out the best in both the individual and their work – an insight I learned from my supportive supervisors and colleagues.
11. Alone we go faster, together we go further: working with others brings out creativity, inspiration, and personal development.
12. A PhD system that mainly values traditional scientific publications keeps research largely in academia; broadening its focus to diverse, accessible outputs brings research closer to society.