

Testing the effectiveness of rookexperts.nl: an intervention for increasing intention to quit among hardcore smokers based on motivational interviewing.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22475

Source

Nationaal Trial Register

Health condition

smoking, hardening, unmotivated smokers, low SES
roken, hardening, ongemotiveerde rokers, lage SES

Sponsors and support

Primary sponsor: IVO Addiction Research Institute and Erasmus Medical Center.

Source(s) of monetary or material Support: Netherlands Organisation for Health Research and Development (ZonMW, Dossier number: 200120002)

Intervention

Outcome measures

Primary outcome

Our primary outcomes are 1) intention to quit as measured by a scale of three items: 'I have the intention to quit smoking someday', 'In the future, I will quit smoking' and 'Someday, I will quit smoking'. 2) willingness to visit a subsequent quitting intervention. At the end of the experiment, participants are offered the url to an online stop coach. We measure whether participants would like to see the website.

Both primary outcomes will be measured at T1 (just after the experiment), at T2 (after two weeks) and at T3 (after two months).

Secondary outcome

Our secondary outcomes are willingness to consider quitting, perceived self-efficacy, and perceived cons of smoking and pros of quitting. All secondary measures will be measured at T1, T2 and T3. They all directly or indirectly predict intention to quit and smokers' interest in a subsequent intervention.

Study description

Background summary

Hard-core smokers are smokers who have been smoking for many years and who do not intend to quit. This makes them vulnerable to disease and death. Since hard-core smokers are unlikely to quit smoking, before aiming at actually quitting, we first need to increase their intention to quit.

This study compares an experimental intervention (i.e., 'rookexperts.nl'; 'smoke-experts') with a control intervention.

The rookexperts.nl intervention is designed to increase intention to quit among hard-core smokers. It incorporates motivational interviewing techniques, uses a self-affirmation manipulation and gives tailored feedback. We use motivational interviewing to increase smokers' self-efficacy and to change smokers' perceived cons of smoking and pros of quitting. We use a self-affirmation manipulation to tackle smokers' defensive responses. Tailored messages are used to make the website more relevant.

The control intervention is similar to rookexperts.nl in layout and length, but discusses the

history and production of tobacco (instead of smoking-related beliefs). The control intervention does not use motivational interviewing techniques, self-affirmation or tailored messages.

ZonMW grant: 200120002

Radboud Ethical Committee approval: ECG2013-1308-119a

Study objective

Hard-core smokers are smokers who have been smoking for many years and who do not intend to quit. This makes them vulnerable to disease and death. Since hard-core smokers are unlikely to quit smoking, before aiming at actually quitting, we first need to increase their intention to quit.

This study compares an experimental intervention (i.e., 'rookexperts.nl'; 'smoke-experts') with a control intervention. The rookexperts.nl intervention is designed to increase intention to quit among hard-core smokers.

Primary Aims: (1) To investigate possible differences in intention to quit after the experiment between the experimental condition and the control condition. (2) To investigate possible differences in the number of participants willing to visit a subsequent quitting intervention between the experimental condition and the control condition.

Secondary Aims: (1) To investigate possible differences in willingness to consider quitting after the experiment between the experimental condition and the control condition (2) To investigate possible differences in perceived self-efficacy after the experiment between the experimental condition and the control condition. (3) To investigate possible differences in agreement with the cons of smoking and the pros of quitting after the experiment between the experimental condition and the control condition.

Study design

The first part of the experiment (T1) will take about 30 minutes. During this part, participants visit either the intervention or the control intervention, after which they will fill out the questionnaire containing the outcome measures. After two weeks (T2) and after two months (T3) we will ask participants to fill out follow-up questionnaires.

Intervention

This study compares an experimental intervention (i.e., 'rookexperts.nl'; 'smoke-experts') with a control intervention. The rookexperts.nl intervention is designed to make hard-core smokers think about quitting and to increase their intention to quit. Rookexperts.nl incorporates motivational interviewing techniques, uses a self-affirmation manipulation and gives tailored feedback. We use motivational interviewing to increase smokers' self-efficacy and to change smokers' perceived cons of smoking and pros of quitting. We use a self-affirmation manipulation to tackle smokers' defensive responses. Tailored messages are used to make the website more relevant to the user.

The control intervention is similar to rookexperts.nl in layout and length, but discusses the history and production of tobacco (instead of smoking-related beliefs). The control intervention does not use motivational interviewing techniques, self-affirmation or tailored messages.

Contacts

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Eligibility criteria

Inclusion criteria

We only include hard-core smokers. Hard-core smokers (a) are 25 years or older, (b) smoke daily, (c) smoke 15 cigarettes or more on average per day, (d) have smoked at least 5 years

in their life, (e) have not attempted to quit smoking in the past year, and (f) do not intend to quit within the next 6 months.

Exclusion criteria

None.

Study design

Design

Study type:	Interventional
Intervention model:	Factorial
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	07-10-2014
Enrollment:	704
Type:	Anticipated

Ethics review

Positive opinion	
Date:	06-10-2014
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4684
NTR-old	NTR4838
Other	ZonMW : 200120002

Study results