

The Effect of The Smoke-free Lottery on smoking employees.

No registrations found.

Ethical review	Not applicable
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON26768

Source

Nationaal Trial Register

Brief title

Smoke-free Lottery

Health condition

Smoking-related diseases

Sponsors and support

Primary sponsor: RIVM

Source(s) of monetary or material Support: Strategic Program of the National Institute for Public Health and the Environment.

Intervention

Outcome measures

Primary outcome

The proportion of abstinent participants 12 months after the initial quit date (t1 – t4). This refers to prolonged abstinence between quit day (t1) and the 52-week follow-up (t4).

Abstinence will be evaluated by self-reported smoking (via email/sms), which is validated by

CO measurements.

Secondary outcome

- Smoking abstinence at 13 weeks (t2) and 26 weeks (t3).
- Self-efficacy of smoking abstinence
- Motivation to quit.
- Packyears (= number of daily pack x years).
- Nicotine dependence

Study description

Background summary

The aim of the project is to evaluate whether a lottery at the workplace will increase the effectiveness of evidence-based tobacco-cessation training by increasing the number of successfully quitted smokers after 12 months. A cluster randomized controlled trial will be conducted on smoking employees and short and long-term assessments on abstinence of smoking will be conducted.

Study objective

It is hypothesized that the lotteries will increase abstinence smoking rates over and above an effective smoking-cessation training program.

Study design

Baseline, 13 weeks, 26 weeks, 52 weeks

Intervention

Both the intervention and the control condition will receive an effective smoking-cessation training program. The training sessions will be given by professional coaches from the Dutch company SineFuma. The program consists of seven weekly group counseling sessions of 90-minutes session per week in the workplace setting. A standard part of the weekly sessions is the Carbon Monoxide (CO) measurement.

Participants in the intervention condition will follow the smoking cessation training in combination with lotteries. Lottery participants can win €50 every week for 3 months. The winning ticket is drawn out of all lottery participants within each company and is announced to all, but the winners are only eligible for their prize if they did not smoke that week, as confirmed by a noninvasive breath- test (CO measurement). After 6 months, participants can win a family vacation (worth €400). The winners are informed about their prize, but can only claim the prize if they remained abstinent for 6 months.

Contacts

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Eligibility criteria

Inclusion criteria

Companies:

1. The management considers it important to stimulate employees to quit smoking and is willing to pay for the tobacco-cessation training and the lotteries;
2. The management agrees that study participants participate in the counseling sessions and CO-measurements during working hours on a location arranged by the company.

Participant

1. Is at least 18 years old;
2. Is a daily smoker and has been smoking tobacco for at least six months;
3. Wants to quit smoking tobacco.

Exclusion criteria

Participant:

1. Having planned to leave their company within six months;
2. Having an acute life-threatening disease;
3. Not being able to read or speak Dutch.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	17-03-2020
Enrollment:	146
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Not applicable	
Application type:	Not applicable

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 NL8463

Other Ethische Commissie Sociale Wetenschappen van Radboud University Nijmegen :
ECSW-2019-114

Study results