

# Stoppen met roken: kan een niet-rokende partner helpen bij een stopplan?

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON27313

### Source

NTR

### Health condition

roken, smoking, couple, stel, planning

## Sponsors and support

**Primary sponsor:** University medical center groningen

**Source(s) of monetary or material Support:** University medical center groningen/university of groningen

## Intervention

## Outcome measures

### Primary outcome

smoking behaviour, relationship satisfaction

### Secondary outcome

partner interactions

# Study description

## Background summary

We aim to help smokers to quit, by finding a successful way to involve their non-smoking partner. Partner support as part of a cessation intervention seemed unrelated to greater rates of successful. Hence, intervening on support after a quit attempt might not be the right solution to the problem. Support from a non-smoking partner, both prior to and during a self-set quit attempt, was related to less smoking. After the quit date, this effect was even more pronounced. Perhaps, the support should be received also before the quit date.

In our RCT, we aim to involve the partner before the quit date by asking the couple to jointly create a plan for the smoker to quit smoking. This would change the role of the partner from just a support-provider to a part of the team: quitting smoking becomes a dyadic effort. We will examine the effect of dyadic planning to quit smoking in comparison to individual planning. Dyadic planning is when an individual is creating a plan, together with their partner (instead of on their own), on when and where quitting might be difficult, and creating plans of what to do when they have cravings or when they are in a situation where they usually smoke.

Both partners will fill in a daily diary, to provide insight into the efficacy of the intervention. For example, it could show differences between the intervention and control group in how a couple deals with a weak moment, when craving for a cigarette is high. With a diary, the sequence of events can be determined and consequently, whether associations extend over a certain time period.

## Study objective

A quitting plan is more effective when the non-smoking partner is involved. Positive interactions and a higher relationship satisfaction are related to a higher success rate.

## Study design

baseline, diary period for 21 days, follow-up questionnaire after 3 months

## Intervention

Creating a quitting plan based on implementation intentions

## Contacts

### Public

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### Scientific

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## Eligibility criteria

### Inclusion criteria

A smoker and a non-smoker who are in a relationship for more than 1 year, living together, no current pregnancy.

### Exclusion criteria

Pregnancy, non-dutch, under 18 years old

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

### Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	17-04-2017
Enrollment:	280
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	19-04-2017
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	NL5999
NTR-old	NTR6398
Other	201600774 : UMCG research register

## Study results