

Effectiveness of an online smoking cessation self-help intervention. A randomized clinical trial.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27316

Source

Nationaal Trial Register

Brief title

Effectiveness of an online smoking cessation self-help intervention. A randomized clinical trial.

Health condition

smoking

Sponsors and support

Primary sponsor: Trimbos-instituut

Source(s) of monetary or material Support: ZonMW

Intervention

Outcome measures

Primary outcome

1. Abstinence;

2. Smoking in the last 7 days (point prevalence);
3. Incidence of quitting attempts of 24 hours or longer.

Secondary outcome

1. Decrease of the daily cigarette consumption;
2. Number of quitting attempts of 24 hours or longer;
3. Stage transition in the stage-of-change (motivational stadium).

Study description

Background summary

In a randomized clinical trial (RCT) the effectiveness of an online smoking cessation self-help intervention will be compared to the effectiveness of an online smoking cessation brochure.

The online self-help program consists of three components;

1. a smoking cessation module containing exercises which are based on cognitive behavioural therapy;
2. a discussion forum;
3. state-of-the art information and tips about smoking cessation.

The control group gets access to an online smoking cessation brochure which advises on smoking cessation and gives information about withdrawal symptoms. Abstinence, smoking in the last 7 days (point prevalence), and incidence of quitting attempts of 24 hours or longer are the primary outcomes in this study. Measurements take place before the intervention and four and seven months after baseline.

Study objective

Compared to an online smoking cessation brochure, does participation in an online self-help smoking cessation program lead to:

1. A greater percentage successful quitters, three and six months after the start of the intervention;

2. A greater percentage of quitting attempts.

Study design

N/A

Intervention

The online self-help smoking cessation program consists of three components;

1. A smoking cessation module containing exercises which are based on cognitive behavioural therapy;
2. A discussion forum, and
3. State-of-the art information and tips about smoking cessation.

The control group gets access to an online smoking cessation brochure ('Quit smoking; why and how') which advises on smoking cessation and gives information about withdrawal symptoms. Each intervention can be used in accordance with their needs.

Both interventions are developed by STIVORO.

Contacts

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Eligibility criteria

Inclusion criteria

Subjects are included if they:

1. Are 18 years or older;
2. Are currently smoking cigarettes or rolling tobacco;
3. Intend to quit smoking within a month;
4. Have access to the Internet.

Exclusion criteria

Subjects are excluded when they:

1. Do not meet the inclusion criteria;
2. Are already preparing a quitting attempt with the help of a counsellor or course;
3. Are already preparing a quitting attempt with help of pharmacotherapy;
4. Are involved in another (experimental) study with an interfering design or interfering goals.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-08-2005
Enrollment:	1104
Type:	Actual

Ethics review

Positive opinion	
Date:	28-07-2005
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	NL63
NTR-old	NTR94
Other	: N/A
ISRCTN	ISRCTN74423766

Study results

Summary results

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N/A