Incentives for workplace smoking cessation.

No registrations found.

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

Summary

ID

NL-OMON27841

Source
NTR

Brief title
CATCH

Health condition

smoking cessation
incentive
employee
company
intervention
cluster randomized trial
stoppen met roken
bedrijven
cadeaubon
beloning

Sponsors and support

Primary sponsor: Universiteit Maastricht
Source(s) of monetary or material Support: KWF
ID: UM 2015-7943

Intervention

Outcome measures

Primary outcome

The main study parameter is the effect of the incentive in the intervention group on the quit rate at twelve months.

Secondary outcome

Secondary study parameters will be the difference in smoking abstinence between intervention and control group immediately after smoking cessation counseling, after three months and after six months.

An economic evaluation in the form of a cost-effectiveness (CEA) and cost-utility analysis (CUA) from a Dutch societal perspective and from an employer’s perspective will be embedded in this trial-based economic evaluation. The primary outcome for the CEA will be cost per quitters. The primary outcome of the CUA will be costs per utilities.

Study description

Background summary

Each year, 19,000 people in the Netherlands die as a consequence of smoking tobacco. Smoking is

also a large economic burden for society and employers. The aim of this study is to evaluate whether

for tobacco smoking employees an incentive (compared to no incentive) will increase the

effectiveness and cost-effectiveness of smoking cessation therapy by increasing the number of

successfully quitted smokers when offered within a company setting in the Netherlands.

In this cluster-randomized trial, employees in the intervention and control group both participate in

smoking cessation group training. This treatment consists of seven weekly group counseling sessions

of 1.5 hours. The intervention group receives a voucher for smoking abstinence immediately after

counseling (€50), after three months (€50), after six months (€50), and after one year (€200). The

control group will not receive incentives. The main study parameter is the effect of the incentive in

the intervention group on the quit rate at twelve months. Quit rate will be determined by seven-day

point prevalence abstinence and prolonged abstinence. Biochemical validation of smoking

abstinence will be done using expired air carbon monoxide (CO). Additionally, a cost-effectiveness

analysis will be performed from the societal and employers' perspective.

Study objective

Each year, 19,000 people in the Netherlands die as a consequence of smoking tobacco. Tobacco is also a large economic burden for society and employers. A study conducted in the United States provided evidence that an incentive for smoking abstinence in a company setting can increase smoking cessation rates. This study will demonstrate whether incentives in the form of vouchers for health promoting articles increase the effectiveness and the cost-effectiveness of evidence-based interventions for smoking cessation when offered within a company setting in the Netherlands. The study will also generate recommendations for companies that want to implement smoking cessation support with incentives. The ultimate aim of our intervention is to increase successful smoking cessation among employees in the Netherlands.

Study design

The quit rate at all time points for the main and secondary study parameters will be determined by seven-day point prevalence abstinence and prolonged abstinence. Biochemical validation of smoking abstinence will be done using expired air carbon monoxide (CO), with a cut-off point of 9 parts per million.

The time horizon for the CEA and CUA measurement points will be combined with the effectiveness study, i.e. baseline, 3 months, 6 months, and 12 months measurements. Utilities will be derived from the standard quality of life questionnaire, EuroQol 5-D-5-L, using Dutch tariff.

Intervention

Employees in the intervention and control group both participate in a smoking cessation treatment, which is independent of the proposed study. This treatment consists of seven weekly group counseling sessions of 1,5 hours. The intervention group receives a voucher for smoking abstinence immediately after counseling (€50), after three months (€50), after six months (€50), and after one year (€200). The control group will not receive incentives.

Contacts

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Eligibility criteria

Inclusion criteria

In order to be eligible to participate in this study, a subject must meet all of the following criteria:

- Is at least 18 years old;

- Has an employment contract for more than one year from the start of the project;

- Has smoked tobacco for at least one pack year.

- both males and females are allowed to participate

Exclusion criteria

A potential subject who meets any of the following criteria will be excluded from participation in this study:

- Being more than 4 weeks absent from work;

- Having an acute life-threatening disease;

- Not being able to read or speak the Dutch language;

- Already started an attempt to quit smoking.

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):	01-03-2016
Enrollment:	516
Type:	Anticipated

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	NL5537
NTR-old	NTR5657
Other	METC Zuyderland : 16-N-13

Study results