

# A Randomized Controlled Trial to Test the Effectiveness and Mechanisms of Change of a Video Game targeting Inhibitory Control in a Social Context among Smokers.

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The effects of a video game targeting inhibitory control in a social context will be tested in a Dutch sample of adolescent- and young adult smokers (between the ages of 16 and 26). It is expected that the adolescents and young adults who receive...

<b>Ethische beoordeling</b>	Niet van toepassing
<b>Status</b>	Werving gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON20537

### Bron

NTR

### Aandoening

Smoking, Adolescents, Young Adults, Response Inhibition, Go/No-Go Training, Social Context, Video Games

### Ondersteuning

**Primaire sponsor:** Radboud University, Behavioural Science Institute

**Overige ondersteuning:** Radboud University, Behavioural Science Institute

### Onderzoeksproduct en/of interventie

## **Uitkomstmaten**

### **Primaire uitkomstmaten**

Smoking: number of cigarettes per week / number of cigarettes per day

## **Toelichting onderzoek**

### **Achtergrond van het onderzoek**

In this randomized controlled trial the effects of a video game targeting inhibitory control in a social context will be tested in a Dutch sample of adolescent- and young adult smokers. Smokers who are motivated to quit are randomly assigned to one of two conditions. The intervention condition (video game) will consist of multiple short play sessions on a mobile phone of 2-3 minutes at home. The control condition (treatment-as-usual) will receive a self-help brochure by The Trimbos Institute containing information about strategies for initiation and maintenance of cessation. Measurements of primary and secondary outcomes will be conducted in both conditions at baseline, immediately following the intervention in laboratory visits. Primary outcomes will be conducted at 3-month follow-up as well.

### **Doel van het onderzoek**

The effects of a video game targeting inhibitory control in a social context will be tested in a Dutch sample of adolescent- and young adult smokers (between the ages of 16 and 26). It is expected that the adolescents and young adults who receive the video game targeting inhibitory control in a social context will show smoke less cigarettes a week at post-test and follow-up, compared to the control group.

### **Onderzoeksopzet**

1. Screening
2. Pre-treatment: all primary and secondary outcomes (approximately one week before first session);
3. Post-treatment: all primary and secondary outcomes (approximately one week after last session);
4. Follow-up: only primary outcome (3- month)

### **Onderzoeksproduct en/of interventie**

Adolescent- and young adult smokers who are motivated to quit are randomly assigned to

one of two conditions. The intervention condition will receive a video game targeting inhibitory control in a social context, which is a Go-NoGo training transformed into a video game format. There will be multiple play sessions at a mobile phone of 2-3 minutes at home. Participants will be beeped approximately once a day to play, but they are also instructed to play the game when they feel the urge to smoke or when they want to. The control condition (treatment-as-usual) will receive a self-help brochure by the Trimbos Institute to take home. This brochure, containing information about strategies for initiation and maintenance of cessation, can be considered standard treatment in the Netherlands.

## Contactpersonen

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Adolescents and young adults who are 1) between 16 and 26 years of age; 2) at least weekly smokers; 3) motivated to quit; and 4) willing to sign informed consent.

## Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Adolescents and young adults who 1) use (psychoactive) medication or 2) are in current treatment of psychiatric disorder.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

### Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	13-09-2017
Aantal proefpersonen:	144
Type:	Verwachte startdatum

## Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

## Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

Register	ID
NTR-new	NL6517
NTR-old	NTR6706
Ander register	Ethics committee of the Faculty of Social Sciences of the Radboud University : ECSW2017-1303-487

## Resultaten

### Samenvatting resultaten

N/A