

Testing the effectiveness of rookexperts.nl: an intervention for increasing intention to quit among hardcore smokers based on motivational interviewing.

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Hard-core smokers are smokers who have been smoking for many years and who do not intend to quit. This makes them vulnerable to disease and death. Since hard-core smokers are unlikely to quit smoking, before aiming at actually quitting, we first...

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON22475

Bron

Nationaal Trial Register

Aandoening

smoking, hardening, unmotivated smokers, low SES
roken, hardening, ongemotiveerde rokers, lage SES

Ondersteuning

Primaire sponsor: IVO Addiction Research Institute and Erasmus Medical Center.

Overige ondersteuning: Netherlands Organisation for Health Research and Development (ZonMW, Dossier number: 200120002)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Our primary outcomes are 1) intention to quit as measured by a scale of three items: 'I have the intention to quit smoking someday', 'In the future, I will quit smoking' and 'Someday, I will quit smoking'. 2) willingness to visit a subsequent quitting intervention. At the end of the experiment, participants are offered the url to an online stop coach. We measure whether participants would like to see the website.

Both primary outcomes will be measured at T1 (just after the experiment), at T2 (after two weeks) and at T3 (after two months).

Toelichting onderzoek

Achtergrond van het onderzoek

Hard-core smokers are smokers who have been smoking for many years and who do not intend to quit. This makes them vulnerable to disease and death. Since hard-core smokers are unlikely to quit smoking, before aiming at actually quitting, we first need to increase their intention to quit.

This study compares an experimental intervention (i.e., 'rookexperts.nl'; 'smoke-experts') with a control intervention.

The rookexperts.nl intervention is designed to increase intention to quit among hard-core smokers. It incorporates motivational interviewing techniques, uses a self-affirmation manipulation and gives tailored feedback. We use motivational interviewing to increase smokers' self-efficacy and to change smokers' perceived cons of smoking and pros of quitting. We use a self-affirmation manipulation to tackle smokers' defensive responses. Tailored messages are used to make the website more relevant.

The control intervention is similar to rookexperts.nl in layout and length, but discusses the history and production of tobacco (instead of smoking-related beliefs). The control intervention does not use motivational interviewing techniques, self-affirmation or tailored messages.

ZonMW grant: 200120002

Radboud Ethical Committee approval: ECG2013-1308-119a

Doel van het onderzoek

Hard-core smokers are smokers who have been smoking for many years and who do not intend to quit. This makes them vulnerable to disease and death. Since hard-core smokers are unlikely to quit smoking, before aiming at actually quitting, we first need to increase their intention to quit.

This study compares an experimental intervention (i.e., 'rookexperts.nl'; 'smoke-experts') with a control intervention. The rookexperts.nl intervention is designed to increase intention to quit among hard-core smokers.

Primary Aims: (1) To investigate possible differences in intention to quit after the experiment between the experimental condition and the control condition. (2) To investigate possible differences in the number of participants willing to visit a subsequent quitting intervention between the experimental condition and the control condition.

Secondary Aims: (1) To investigate possible differences in willingness to consider quitting after the experiment between the experimental condition and the control condition (2) To investigate possible differences in perceived self-efficacy after the experiment between the experimental condition and the control condition. (3) To investigate possible differences in agreement with the cons of smoking and the pros of quitting after the experiment between the experimental condition and the control condition.

Onderzoeksopzet

The first part of the experiment (T1) will take about 30 minutes. During this part, participants visit either the intervention or the control intervention, after which they will fill out the questionnaire containing the outcome measures. After two weeks (T2) and after two months (T3) we will ask participants to fill out follow-up questionnaires.

Onderzoeksproduct en/of interventie

This study compares an experimental intervention (i.e., 'rookexperts.nl'; 'smoke-experts') with a control intervention. The rookexperts.nl intervention is designed to make hard-core smokers think about quitting and to increase their intention to quit. Rookexperts.nl incorporates motivational interviewing techniques, uses a self-affirmation manipulation and

gives tailored feedback. We use motivational interviewing to increase smokers' self-efficacy and to change smokers' perceived cons of smoking and pros of quitting. We use a self-affirmation manipulation to tackle smokers' defensive responses. Tailored messages are used to make the website more relevant to the user.

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Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

We only include hard-core smokers. Hard-core smokers (a) are 25 years or older, (b) smoke daily, (c) smoke 15 cigarettes or more on average per day, (d) have smoked at least 5 years in their life, (e) have not attempted to quit smoking in the past year, and (f) do not intend to quit within the next 6 months.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

None.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Factorieel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	07-10-2014
Aantal proefpersonen:	704
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	06-10-2014
Soort:	Eerste indiening

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	NL4684
NTR-old	NTR4838
Ander register	ZonMW : 200120002

Resultaten