

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

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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.

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

Samenvatting

ID

NL-OMON27313

Bron

NTR

Aandoening

roken, smoking, couple, stel, planning

Ondersteuning

Primaire sponsor: University medical center groningen

Overige ondersteuning: University medical center groningen/university of groningen

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

smoking behaviour, relationship satisfaction

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

Creating a quitting plan based on implementation intentions

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Pregnancy, non-dutch, under 18 years old

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd

Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	17-04-2017
Aantal proefpersonen:	280
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	19-04-2017
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	NL5999
NTR-old	NTR6398
Ander register	201600774 : UMCG research register

Resultaten