

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

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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...

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

Samenvatting

ID

NL-OMON27316

Bron

Nationaal Trial Register

Verkorte titel

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

Aandoening

smoking

Ondersteuning

Primaire sponsor: Trimbos-instituut

Overige ondersteuning: ZonMW

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Abstinence;

2. Smoking in the last 7 days (point prevalence);

3. Incidence of quitting attempts of 24 hours or longer.

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-08-2005
Aantal proefpersonen:	1104
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies

Datum: 28-07-2005

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	NL63
NTR-old	NTR94
Ander register	: N/A
ISRCTN	ISRCTN74423766

Resultaten

Samenvatting resultaten

N/A