

Incentives for workplace smoking cessation.

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Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aanpak	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27841

Bron

NTR

Verkorte titel

CATCH

Aandoening

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

Ondersteuning

Primaire sponsor: Universiteit Maastricht

Overige ondersteuning: KWF

ID: UM 2015-7943

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

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.

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-03-2016
Aantal proefpersonen:	516
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	NL5537
NTR-old	NTR5657
Ander register	METC Zuyderland : 16-N-13

Resultaten