Cigarette pack size and consumption: an adaptive randomised controlled trial
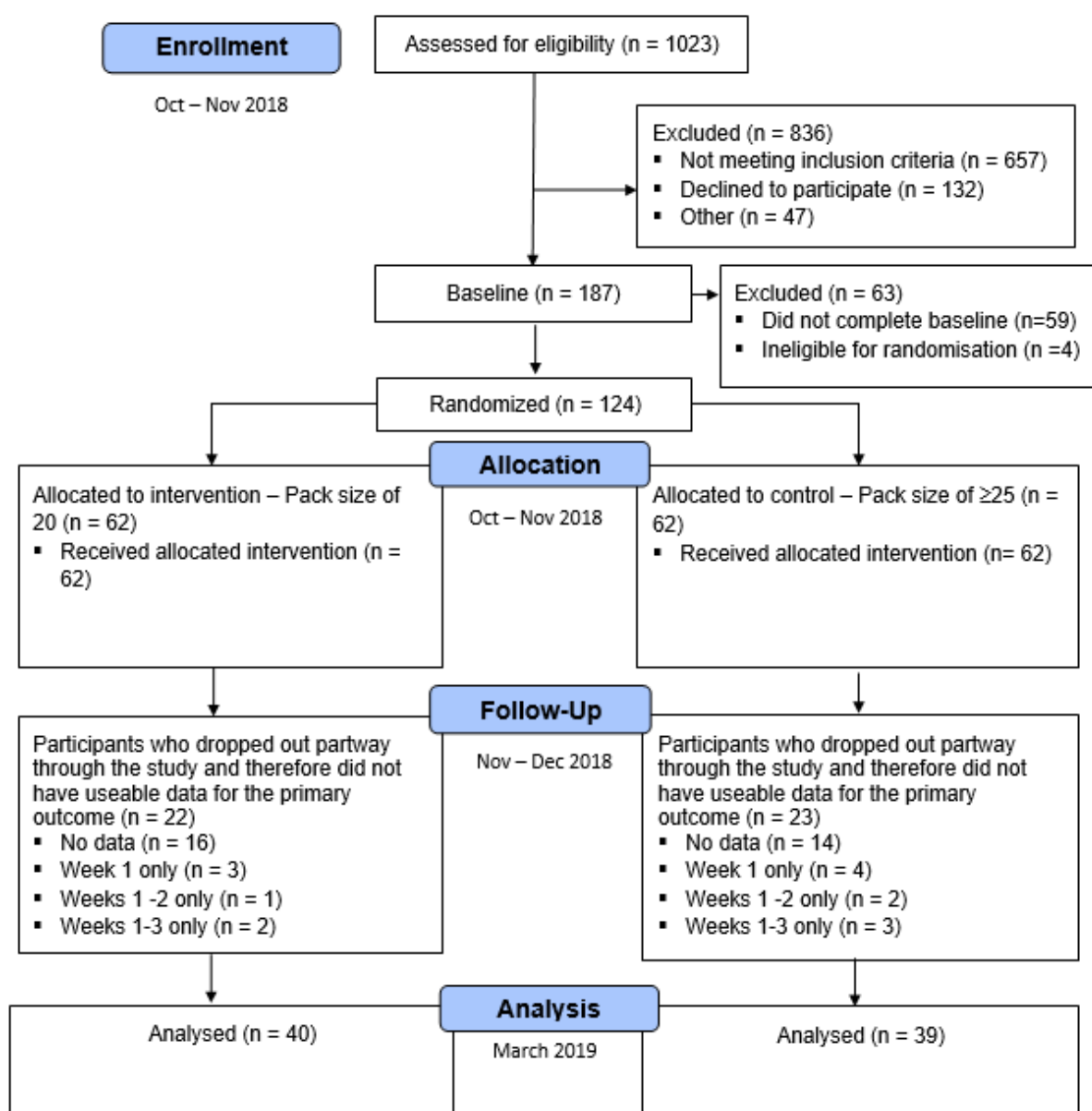
Basic results summary

Participant flow chart

Figure 1. CONSORT flow diagram.

	Packs of ≥25 (Analysed, n = 39)	Packs of 20 (Analysed, n = 40)	Excluded (n = 45)
Demographics			
Gender, n (%)			
Male	15 (39)	19 (48)	21 (47)
Female	24 (62)	21 (52)	24 (53)
Age, mean (SD)	55 (13)	55 (13)	51 (14)
Education level[a], mean (SD)	8 (3)	8 (3)	8 (3.2)
SEIFA[b], mean (SD)	3.1 (1.3)	3.1 (1.3)	3 (1.2)
Smoking behaviour and attitudes at baseline			
Number of cigarettes smoked per day, n (%)			
Less than 10	4 (10)	4 (10)	2 (4)
11-20	5 (13)	3 (8)	6 (13)
21-30	26 (67)	20 (50)	27 (60)
More than 30 per day	4 (10)	13 (33)	10 (22)
Usual pack size, n (%)			
25	9 (23)	9 (23)	0 (0)
26	2 (5)	4 (10)	9 (20)
30	8 (21)	10 (25)	3 (7)
40	18 (46)	14 (35)	12 (26)
50	2 (5)	2 (5)	20 (43)
60	0 (0)	1 (3)	2 (4)
HSI[c], mean (SD)	2.9 (1.1)	3.1 (1.5)	3.1 (1.2)
MTTS[d], mean (SD)	2.9 (1.1)	3.1 (1.2)	2.9 (1.3)
AUTOS[e], mean (SD)	16.6 (7.7)	15.3 (8.0)	15.5 (7.6)

Demographic information

Table 1. Participant demographics and smoking characteristics

Variable key

a) Education Level

    1. Some Primary School
    2. Finished Primary School
    3. Some Secondary School
    4. Some Technical Or Commercial/ TAFE

5. Passed School Certificate / Passed 4th Form / Passed Intermediate / Year 10 Junior or Achievement certificate

6. Passed 5th Form / Year 11 / Passed Leaving or Sub-senior certificate

7. Finished Technical School / Commercial College / TAFE (including trade certificate) / other certificate or apprenticeship

8. Finished or now studying for Matriculation, Higher School Certificate (H.S.C.), V.C.E., Year 12, or Senior Certificate

9. Some University or some college of Advanced Education training

10. Diploma from College of Advanced Education or TAFE (Not Degree), Tertiary or Management Training (including Diploma other than University Degree)

11. Now at University or College of Advanced Education

12. Degree from University or College of Advanced Education

13. Higher Degree or Higher Diploma (e.g. Ph.D, Masters)

b) SEIFA (Socio-Economic Indexes for Areas) (lowest 20% of areas given quintile number of 1).

c) HSI = Heaviness of Smoking Index (range 0 - 6)

d) MTSS = Motivation to Stop Scale (range 1 - 7)

e) AUTOS = Autonomy Over Smoking Scale (range 0–36)

Outcome analysis

The primary outcome, number of cigarettes smoked per day, was measured by summing the number of cigarettes each participant smoked over the four-week study period and dividing by 28.

Table 2. Number of cigarettes smoked per day and measures of smoking behaviour and attitudes

	Packs of ≥25 (n = 39)	Packs of 20 (n = 40)				
	Mean (SD)	Mean (SD)	Mean Difference (Packs of ≥25 minus Packs of 20)	95% CI	p	Cohen's d
Number of cigarettes smoked per day *Primary analysis*	16.8 (6.7)	15.9 (8.5)	-0.9	-4.3, 2.6	0.620	-0.11
*Secondary analysis**	16.7 (7.7)	15.9 (7.7)	-0.8	-4.3, 2.6	0.639	-0.25
Per protocol analysis	16.6 (6.7)	16.1 (4.3)	-0.5	-4.2, 3.0	0.766	-0.09
Smoking behaviour and attitudes (post-intervention) HSI	3.1 (1.1)	2.8 (1.1)	-0.30	-0.82, 0.23	0.265	-0.26
MTSS	3.8 (1.4)	3.4 (1.4)	-0.46	-1.10, 0.19	0.160	-0.33
AUTOS	17.9 (5.2)	17.6 (5.2)	-0.25	-2.67, 2.16	0.838	-0.05

*adjusted for pack size used at baseline, ** adjusted for same measures taken at baseline