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The quit smoking lung health intervention trial

Submission date	Recruitment status	[X] Prospectively registered
07/06/2018	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
27/06/2019	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
02/01/2026	Mental and Behavioural Disorders	

Plain English summary of protocol

Background and study aims
Smoking is a major cause of ill health including lung disease, health disease and cancer. It is important that the NHS makes use of the best approaches to help people to stop smoking. People with a history of smoking are now being offered screening by CT scan in order to detect early lung cancer so these can be treated and cured. This screening program is also an opportunity to help people to quit smoking. The usual approach would be to direct individuals to NHS or local authority smoking cessation services. The aim of this study is to see if a more intense approach, where smokers can see a smoking cessation counsellor immediately, is more effective.

Who can participate?
Smokers aged 55 to 75 who wish to quit who are going through the screening programme

What does the study involve?
Participants are randomly allocated to receive either immediate smoking cessation input including pharmacotherapy (drug treatment) or usual care, which is advice and signposting to local services. Smoking rates are compared 3 months later.

What are the possible benefits and risks of participating?
The intervention may increase the likelihood of quitting smoking.

Where is the study run from?
Royal Brompton and Harefield NHS Foundation Trust (UK)

When is the study starting and how long is it expected to run for?
February 2018 to October 2022

Who is funding the study?
Royal Marsden Partners (UK)

Who is the main contact?
1. Dr Nicholas Hopkinson

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Contact information

Type(s)
Scientific

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Type(s)
Public

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Additional identifiers

Integrated Research Application System (IRAS)
236191

Protocol serial number
IRAS 236191; CPMS 39463

Study information

Scientific Title
QuLIT – the Quit smoking Lung health Intervention Trial

Acronym
QuLIT

Study objectives
In people who smoke attending a lung cancer CT screening programme, does the provision of immediate smoking cessation support including pharmacotherapy compared to signposting to a smoking cessation service improve quit rates at 3 months?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 30/04/2018, South Central - Oxford C Research Ethics Committee (Level 3, Block B, Whitefriars Building, Lewins Mead, Bristol, BS1 2NT; Tel: +44 (0)20 7104 8049; Email: nrescommittee.southcentral-oxfordc@nhs.net), REC ref:18/SC/0236

Study design
Randomized; Interventional; Design type: Treatment, Screening, Drug, Education or Self-Management, Imaging, Psychological & Behavioural, Complex Intervention

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Smoking cessation

Interventions
Current interventions as of 25/06/2021:
A study comparing the effectiveness of two different smoking cessation strategies applied in a pseudo-randomised fashion. Smokers attending a lung health screening service, focussed on CT screening to detect early lung cancer, will receive either:
1. Immediate smoking cessation input including pharmacotherapy
2. Usual care, which will be advice and signposting to local services

Limited resources mean that a specialist smoking cessation practitioner will only be available on 5 days every fortnight so treatment allocation will depend on this (i.e., which day patients attend on).

Follow up will be by a phone call at 3 months.

For participants recruited prior to March 2020 the smoking cessation intervention was delivered in face-to-face sessions. Recruitment to the study was then paused as a result of public health guidance during the COVID-19 pandemic. Recruitment then began again in January 2021 with telephone smoking cessation support offered as the method of intervention delivery.

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2. Usual care, which will be advice and signposting to local services

Limited resources mean that a specialist smoking cessation practitioner will only be available on 5 days every fortnight so treatment allocation will depend on this (i.e., which day patients attend on).

Follow up will be by phone call at 3 months.

Intervention Type
Mixed

Primary outcome(s)
Quit rate in those wishing to quit, based on self-report by telephone call at 3 months following the initial screening visit

Key secondary outcome(s))
Current secondary outcome measures as of 18/05/2022:
1. Quit rate in all screening program participants, based on self-report by telephone call at 3 months following the initial screening visit
2. Mortality at 1 year (available as part of the routine evaluation of the screening protocol)
3. Quit rate at 1 year

Exploratory outcomes:
1. The impact of the smoking cessation interventions (based on self-report by telephone call at three months) in different baseline groups including:
1.1. Those with new abnormal findings found as part of screening (e.g. spirometry)
1.2. Those with or without an abnormal CT finding that requires further follow up
2. The number of individuals who are smoking and who wish to quit will also be documented to provide guidance for service development and resource requirements

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1. Quit rate in all screening program participants, based on self-report by telephone call at 3 months following the initial screening visit
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Exploratory outcomes:
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Completion date
31/10/2022

Eligibility

Key inclusion criteria
Current participant inclusion criteria as of 24/06/2021:
1. Participant in the clinical lung health screening programme (aged 55 to 75 years recorded as ever smokers in their medical records)
2. Current smoker
3. Only those who express a wish to quit smoking will be included in the primary endpoint analysis

Previous participant inclusion criteria:
1. Participant in the clinical lung health screening programme (aged 50 to 65 years and any history of smoking)
2. Current smoker
3. Only those who express a wish to quit smoking will be included in the primary endpoint analysis

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
55 years

Upper age limit
75 years

Sex
All

Total final enrolment
430

Key exclusion criteria
Non-smokers

Date of first enrolment
01/08/2019

Date of final enrolment
02/02/2022

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Royal Brompton and Harefield NHS Foundation Trust
Fulham Road
London
England
SW3 6NP

Sponsor information

Organisation
Imperial College London

ROR
https://ror.org/041kmwe10

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Royal Marsden Partners

Results and Publications

Individual participant data (IPD) sharing plan
Anonymized research data will be shared with third parties via a request to the senior author (NSH).

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	Results at 3 months	01/02/2022	07/02/2022	Yes	No

Results article	Results at 12 months and intervention delivery method	24/10/2023	25/10/2023	Yes	No
Results article		03/08/2022	03/07/2025	Yes	No
HRA research summary			28/06/2023	No	No
Other publications	Predictors and barriers to accepting smoking cessation support	17/12/2025	02/01/2026	Yes	No
Protocol file		28/02/2018	01/07/2019	No	No
Protocol file	version 2	11/12/2020	30/12/2021	No	No