

# A brief intervention to prevent smoking relapse in cardiac patients: a randomised controlled trial

<b>Submission date</b> 23/01/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 17/09/2010	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
HB115

# Study information

## Scientific Title

### Study objectives

This was a randomised controlled trial of a routinely deliverable, relapse-prevention intervention with cardiac in-patients who smoked prior to hospital admission. The question was whether a brief intervention designed to be implemented as a part of routine care on a national basis is feasible and powerful enough to make an impact on this hard-to-reach group in terms of continuous long-term biochemically validated abstinence.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Randomised controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Hospital

### Study type(s)

Prevention

## Participant information sheet

### Health condition(s) or problem(s) studied

Cardiovascular diseases: Heart disease

### Interventions

1. Multimodal intervention included, in addition to the personal advice, a relapse prevention booklet, quiz about its contents, an offer to join a 'buddy' support system, signing a declaration of commitment not to smoke, and carbon monoxide monitoring.
2. Usual care

### Intervention Type

Other

### Phase

Not Applicable

**Primary outcome measure**

Continuous abstinence for 6 weeks and 12 months, biochemically validated by expired air CO.  
The delivery of the various parts of the intervention was monitored.

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/01/1996

**Completion date**

01/04/2000

## Eligibility

**Key inclusion criteria**

1. 540 smokers hospitalised after myocardial infarction or cardiac bypass surgery
2. Current smokers or recent ex-smokers (defined as stopping smoking up to six months earlier) at the time of their hospital admission
3. Had not smoked at all since their hospital admission
4. Sufficiently recovered to receive the intervention,
5. No gross memory impairment
6. Under 76 years of age
7. Could read English
8. Motivated to remain abstinent from smoking after their discharge from the hospital

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

540

**Key exclusion criteria**

Does not match inclusion criteria

**Date of first enrolment**

01/01/1996

**Date of final enrolment**

01/04/2000

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Psychology Section**

London

United Kingdom

E1 2AD

## **Sponsor information**

**Organisation**

Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

**Sponsor details**

The Department of Health

Richmond House

79 Whitehall

London

United Kingdom

SW1A 2NL

**Sponsor type**

Government

**Website**

<http://www.doh.gov.uk>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

NHS Cardiovascular Disease and Stroke National Research and Development Programme (UK)

## **Results and Publications**

**Publication and dissemination plan**

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	12/01/2002		Yes	No