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

Submission date	Recruitment status No longer recruiting	Prospectively registered		
23/01/2004		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
23/01/2004	Completed	[X] Results		
Last Edited	Condition category	[] Individual participant data		
17/09/2010	Circulatory System			

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Prof Peter Hajek

Contact details

Psychology Section
Department of Human Science
St. Bartholomew's and the Royal London School of Medicine
Turner Street
London
United Kingdom
E1 2AD
+44 (0)20 7377 7345
P.Hajek@mds.qmw.ac.uk

Additional identifiers

Protocol serial number 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

Study type(s)

Prevention

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(s)

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.

Key secondary outcome(s))

Not provided at time of registration

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

Healthy volunteers allowed

No

Age group

Adult

Sex

All

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

United Kingdom

England

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)

Funder(s)

Funder type

Government

Funder Name

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

Results and Publications

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?
Results article	results	12/01/2002		Yes	No