

# Evaluation of the "Stop Tabac" Android phone application

<b>Submission date</b> 24/06/2015	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 02/07/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 30/03/2016	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The health issue studied here is stopping smoking (smoking cessation). Self-help methods for smoking cessation can be inexpensive methods that work well and can be made accessible to many people. New technologies can be used as self-help supports. We would like to test how well a new smoking cessation smartphone application called Stop-Tabac works at getting people to kick the habit.

### Who can participate?

All adult smokers willing to use a phone application can participate to the study.

### What does the study involve?

Participants are randomly allocated into one of two groups. Those in group 1 (intervention) receive the real smoking cessation smartphone application. Those in group 2 (control) receive a placebo (smartphone application with minimal content on stopping smoking). All participants are asked to complete online questionnaires at the start of the study, 3 months after the study starts and then at 6 months.

### What are the possible benefits and risks of participating?

The benefits of participating in the study is the possibility of the participant receiving the real phone application, and the chance of taking part in a scientific research aimed at assisting smokers to stop smoking. The risks of participating in the study is that a participant may be assigned to the placebo phone application. However, the use of any other kind of smoking cessation aid is allowed during the study.

### Where is the study run from?

Institute of Global Health, University of Geneva (Switzerland)

### When is the study starting and how long is it expected to run for?

July 2015 to July 2016

### Who is funding the study?

Tobacco Control Fund of the Swiss Federal Office of Public Health

Who is the main contact?  
Mrs Céline Mavrot  
celine.mavrot@kpm.unibe.ch

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Mrs Céline Mavrot

**ORCID ID**  
<http://orcid.org/0000-0001-9603-5790>

**Contact details**  
Schanzeneckstrasse 1  
Bern  
Switzerland  
3001

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
N/A

## Study information

**Scientific Title**  
Efficacy of a new smoking-cessation phone application : a randomized trial.

**Study objectives**  
13.5% of the phone application users quit smoking after 6 months vs. 11% of the placebo phone application users quit smoking after 6 months

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
The ethic board Kantonale Ethikkommission Bern (KEK) declared on 19/02/2015 that this study did not require an approval of the competent ethics commission (the KEK).

**Study design**

A two-group randomized controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Internet/virtual

**Study type(s)**

Prevention

**Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet

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

Smoking cessation

**Interventions**

1. Intervention group of the randomized trial: receives the real smoking cessation smartphone application
2. Control group of the randomized trial: receives a placebo smoking cessation smartphone application (minimal content)

**Intervention Type**

Device

**Primary outcome measure**

Primary outcome: smoking/not smoking, measured by self-administrated online questionnaires, completed at baseline, after 3 months and after 6 months.

**Secondary outcome measures**

N/A

**Overall study start date**

24/06/2015

**Completion date**

17/05/2017

## **Eligibility**

**Key inclusion criteria**

1. Adults (+18)
2. Smokers
3. Having approved the information and consent form
4. Willing to use the Android phone application

**Participant type(s)**

Other

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

6000 (3000 intervention group; 3000 control group)

**Key exclusion criteria**

1. Minors (-18)
2. Non-smokers
3. Not approved the information and consent form
4. Not having an Android smartphone

**Date of first enrolment**

17/11/2015

**Date of final enrolment**

17/11/2016

**Locations****Countries of recruitment**

Switzerland

**Study participating centre**

Institute of Global Health, University of Geneva

9 Chemin des Mines

1211 Genève 20

Geneva

Switzerland

1211

**Sponsor information****Organisation**

Center of Competence for Public Management - University of Berne

**Sponsor details**

Schanzeneckstrasse 1  
Bern  
Switzerland  
3001

**Sponsor type**

University/education

**Website**

[http://www.kpm.unibe.ch/content/index\\_eng.html](http://www.kpm.unibe.ch/content/index_eng.html)

**ROR**

<https://ror.org/02k7v4d05>

**Funder(s)****Funder type**

Government

**Funder Name**

Tobacco Control Fund of the Swiss Federal Office of Public Health

**Results and Publications****Publication and dissemination plan**

The authors from Universities Bern and of Geneva have planned to publish the results on the efficacy of the Stop-Tabac smartphone application in a scientific journal specialized in the field of addictions.

**Intention to publish date**

17/05/2018

**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not expected to be made available