

Study comparing two stop smoking intervention efficacies

Submission date 30/08/2016	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 28/09/2016	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 12/02/2020	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Smoking continues to be a major health problem in the UK. Every year around 100,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses. Smoking increases your risk of developing more than 50 serious health conditions, including cancer, heart disease and lung disease. It is important to understand the effectiveness of the various interventions designed to help people quit. The aim of this study is to compare the effectiveness of two stop smoking interventions amongst people living and working in the Lambeth and Southwark boroughs of London.

Who can participate?

Current smokers aged over 18 living and working in the Lambeth and Southwark boroughs of London.

What does the study involve?

Participants are randomly allocated to one of two groups. Participants in one group attend Allen Carr's Easyway to stop smoking programme, which consists of one 5/6-hour group session, plus one or two 3-hour booster sessions over the following 3 months for those who require them. Participants in the other group attend a 1-1 counselling service available via the NHS, consisting of one 30-minute session and four weekly follow-ups of 10-15 minutes. The effectiveness of both treatments is followed up at 4, 12 and 24 weeks after treatment. Participants' success at stopping smoking is confirmed by breath testing. Participants' continued use of nicotine-containing products (e.g. e-cigarettes, nicotine replacement products) and life satisfaction are also assessed.

What are the possible benefits and risks of participating?

The results of this study will add to the evidence around the use of the Allen Carr method. The Allen Carr method has yet to be NICE approved. We ensure that participants are aware of this and offer them NHS treatment before joining the study, and also offer them an NHS referral if they fail to quit during the study. Participants need to attend treatment and follow-up sessions, which may be an inconvenience. We ensure participants can schedule appointments at evenings and weekends, and are compensated for travel costs and time.

Where is the study run from?
London South Bank University (UK)

When is the study starting and how long is it expected to run for?
June 2016 to January 2018

Who is funding the study?
Allen Carr's Easyway (International) Ltd

Who is the main contact?
Dr Daniel Frings

Contact information

Type(s)
Scientific

Contact name
Dr Daniel Frings

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Additional identifiers

ClinicalTrials.gov (NCT)
NCT02855255

Protocol serial number
RC7697

Study information

Scientific Title
Comparing the 24-week efficacy of Allen Carr's Easyway to stop smoking and NHS 1-1 counselling provision amongst people living and working in the Lambeth and Southwark boroughs of London

Study objectives
By comparing the Allen Carr's Easyway (ACE) method to a NHS-delivered treatment program, an estimate of the relative effectiveness of both methods (and associated costs) can be made. This will potentially inform future judgements about the use of this method by private and public healthcare providers.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Submitted to Fulham Research Ethics Committee, London - pending

Study design

Single-centre, blinded between subjects, two-armed randomised controlled trial

Primary study design

Interventional

Study type(s)

Other

Health condition(s) or problem(s) studied

Smoking

Interventions

Participants are randomly allocated to either Allen Carr's Easyway to stop smoking programme or NHS 1-1 counselling service, using an adaptive randomisation programme to balance levels of prior smoking, number of prior quit attempts, age and gender.

1. Allen Carr's Easyway to stop smoking programme comprises one 5/6 hour group session (plus one or two 3 hour booster sessions over the following 3 months for those who require them)
2. The 1-1 counselling service available via the NHS comprises one 30-minute session and four weekly follow-ups of 10-15 minutes.

The efficacy of both treatments will be followed up at 4, 12 and 24 weeks after treatment. The evaluation will be compliant with the Russell 6 Standard (which requires, amongst other things, a double blind, randomised design, chemical verification of quit outcomes, and the inclusion of all participants who received treatment in the final analysis). The research team will also be blinded to participants' condition.

Intervention Type

Behavioural

Primary outcome(s)

Cessation of smoking 24 weeks post treatment commencement, measured in line with the Russell 6 standard (i.e. fewer than 5 incidents of smoking from the quit date, including all participants lost to follow-up as failed treatment, and confirming all successful quits via breath carbon monoxide testing). The intention to treat principle will be followed and those lost to follow-up will be considered failed quit.

Key secondary outcome(s)

1. Self-reported maintenance of smoking cessation questions, measured at 4, 12, 24 weeks post treatment commencement; current cessation, number of slips, number of cigarettes in past week /month/since last session.
2. The Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985), measured at baseline and 4, 12, 24 weeks post treatment commencement

3. Survey assessing use of nicotine replacement therapy/nicotine containing products, measured at 4, 12, 24 weeks post treatment commencement. Participants will be asked to answer Yes/No to the following: 'Since we last met, have you regularly used any of the following?' and 'Are you planning on using any of the following in the future?' E-cigarettes, nicotine patches, nicotine gum, other

4. Quit efficacy measured at baseline, 4, 12, 24 weeks post treatment commencement. Measured on a scale of 1-7 (strongly disagree - strongly agree), to the following items: 'I can achieve my aims to quit smoking', 'I can cope with the demands of quitting smoking', 'It is unlikely that I will do well at quitting smoking', 'I think I can perform well at quitting smoking'

5. Perceived value of being nicotine free measured at 4, 12, 24 weeks post treatment commencement. Measured on a scale of 1-7 (strongly disagree - strongly agree), to the following items: 'Being nicotine free is of value to me', 'I value being nicotine free', 'Having no nicotine in my system is/would be beneficial to me'

Completion date

31/07/2018

Eligibility

Key inclusion criteria

1. Current smoker aged over 18
2. Resident or work in Lambeth/Southwark areas
3. Prepared to be assigned randomly to one of two treatment conditions (NHS standard provision or Allen Carr's Easyway)
4. Intend to quit smoking cigarettes

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Total final enrolment

620

Key exclusion criteria

1. Individuals who would prefer an NHS-provided treatment
2. Currently in another RCT or similar research project
3. Have a mental health condition
4. Are pregnant
5. Have a respiratory disease (such as chronic obstructive pulmonary disease or emphysema)

6. Unable to reach the treatment locations (London South Bank Universities Southwark Campus or SW20)

Date of first enrolment

01/01/2017

Date of final enrolment

01/01/2018

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

London South Bank University

103 Borough Road

London

United Kingdom

SE1 0AA

Sponsor information

Organisation

London South Bank University

Organisation

Allen Carr's Easyway (International) Ltd

Organisation

London South Bank University

ROR

<https://ror.org/02vwnat91>

Funder(s)

Funder type

Industry

Funder Name

Allen Carr's Easyway (International) Ltd

Results and Publications

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

Stored in repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/05/2020	12/02/2020	Yes	No
Protocol article	protocol	14/12/2017		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes