

# Cluster randomised controlled trial of expert system based on the transtheoretical ("stages of change") model for smoking prevention and cessation in schools

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<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 10/11/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

N/A

# Study information

## Scientific Title

Cluster randomised controlled trial of expert system based on the transtheoretical ("stages of change") model for smoking prevention and cessation in schools

## Study objectives

To examine whether a year long programme incorporating three sessions using an expert system computer programme and three whole class lessons based on the transtheoretical model (TTM) of behaviour change could reduce the prevalence of teenage smoking.

## 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)

Not specified

## Study type(s)

Prevention

## Participant information sheet

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

Mental and behavioural disorders: Addiction

## Interventions

The intervention group received six sessions of two types: one computer session and one class lesson for each of the three terms of year 9 (autumn 1997 to summer 1998). For the computer session, the research team set up a classroom with about 30 computers and removed these at the end of the day. Whole classes came in turns and each student used a computer with headphones. The computer program was based on that developed by Prochaska and colleagues, containing questionnaires measuring the key concepts of the transtheoretical model. After each questionnaire students received feedback both through the headphones and on screen of how their temptations, for example, compared to stage based data collected by Pallonen et al (normative feedback) and in second and third sessions, what change had occurred since last time

(ipsative feedback). The questionnaires were interspersed with video clips of young people talking about their thoughts about smoking that were relevant to the stage of change of the student concerned. The other transtheoretical model intervention was a one hour lesson delivered by ordinary class teachers. The teachers attended a two day training course organised by Public Management Associates, who had developed licensed training and lesson plans in consultation with Prochaska and colleagues. The three lessons developed the young people's understanding of the stages of change and how the pros and cons of smoking would vary in different stages, and the lessons got young people to use these concepts. More details of how we delivered the intervention are available.

Our aim for students in the control group was that they would be exposed to no intervention other than the normal health education on tobacco, which is part of the English national curriculum. However, as a reward for participation, teachers in control group schools were given three lesson plans and handouts on smoking. These lessons consisted of quizzes on facts about tobacco and one lesson on different ways of persuading someone to stop smoking. The content of the lessons was all taken from generally available teaching support material. The lesson plans and materials were provided to all control group schools, but teachers in these schools received no training in smoking issues or delivery of the lessons and it was up to the individual schools whether or not they used the materials.

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome measure**

Prevalence of teenage smoking and proportion of positive stage movements 12 months after the start of the intervention.

### **Secondary outcome measures**

Not provided at time of registration

### **Overall study start date**

01/09/1997

### **Completion date**

31/03/2000

## **Eligibility**

### **Key inclusion criteria**

52 schools in the West Midlands region.

### **Participant type(s)**

Patient

### **Age group**

Child

**Sex**

Not Specified

**Target number of participants**

8352

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/09/1997

**Date of final enrolment**

31/03/2000

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

England

United Kingdom

**Study participating centre**

Department of Public Health and Epidemiology

Birmingham

United Kingdom

B15 2TT

**Sponsor information****Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

**Sponsor details**

The Department of Health

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**Sponsor type**

Government

**Website**

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

## Funder(s)

**Funder type**

Government

**Funder Name**

NHS Executive West Midlands (UK)

## Results and Publications

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****Individual participant data (IPD) sharing plan**

Not provided at time of registration

**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>		09/10/1999		Yes	No
<a href="#">Results article</a>	2 year follow up	01/10/2001		Yes	No
<a href="#">Other publications</a>	Can the stages of change for smoking acquisition be measured reliably in adolescents?	01/10/2002		Yes	No
<a href="#">Other publications</a>	The risk of smoking in relation to engagement with a school-based smoking intervention	01/02/2003		Yes	No