

Effectiveness of the "Smoke-Free Class competition" in delaying the onset of smoking in adolescence: a cluster-randomised controlled trial (Germany)

Submission date

11/04/2007

Recruitment status

No longer recruiting

Registration date

23/04/2007

Overall study status

Completed

Last Edited

19/10/2012

Condition category

Mental and Behavioural Disorders

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ 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

Protocol serial number

N/A

Study information

Scientific Title

Study objectives

"Smoke-Free Class competition" (SFC) shows a preventive effect on knowledge on smoking, attitudes towards smoking, and smoking behaviour.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved by state administration department of Saxony-Anhalt (Landesverwaltungsamt Sachsen-Anhalt) on the 31st August 2006 (ref: Reg.-Nr. 504-50/06).

Study design

Prospective, cluster-randomised, controlled trial.

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Smoking prevention

Interventions

Since the intervention was planned to take place at the class level, schools were chosen as the unit of randomisation. Experimental schools would provide the SFC, while control schools would provide normal lessons.

Intervention - Be Smart Don't Start (the German version of the Smoke-Free Class Competition): Each participating class has to decide if they want to be a Smoke-free Class for a six month period from fall to spring. Classes monitor their (non-)smoking behaviour and report it to the teacher regularly. Classes, in which pupils refrain from smoking for this period of time participate in a prize draw.

Control - treatment as usual:
Normal lessons.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Knowledge on smoking consequences
2. Attitudes towards smoking
3. Intention to use tobacco
4. Smoking status

These will be measured at end of treatment, and at 12 and 18 months follow-up.

Key secondary outcome(s))

1. Class climate
2. Bullying

These will be measured at end of treatment, and at 12 and 18 months follow-up.

Completion date

01/03/2009

Eligibility**Key inclusion criteria**

1. Students of public schools
2. Age between 11 and 15 (grades 6 to 8)
3. No prior participation at Be Smart Don't Start
4. No shutdown of school planned in near future

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

11 years

Upper age limit

15 years

Sex

All

Key exclusion criteria

1. Students of schools with special pedagogic needs
2. Students from schools currently conducting structured interventions against substance use
3. Missing parental consent

Date of first enrolment

15/10/2006

Date of final enrolment

01/03/2009

Locations**Countries of recruitment**

Germany

Study participating centre
Düsternbrooker Weg 2
Kiel
Germany
24105

Sponsor information

Organisation
German Cancer Aid (Deutsche Krebshilfe) (Germany)

ROR
<https://ror.org/01wxdd722>

Funder(s)

Funder type
Charity

Funder Name
German Cancer Aid (Deutsche Krebshilfe) (Germany)

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 | 01/03/2010 | | Yes | No |
| Results article | results | 01/04/2012 | | Yes | No |
| Results article | results | 01/04/2012 | | Yes | No |