A randomised controlled trial of a nurse delivered stage-matched smoking cessation intervention to promote heart health of cardiac patients

Submission date	Recruitment status No longer recruiting	Prospectively registered		
31/10/2007		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
06/11/2007	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
24/05/2012	Mental and Rehavioural Disorders			

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr Sophia Siu-chee Chan

Contact details

4/F, William MW Mong Block Li Ka Shing Faculty of Medicine Building 21 Sassoon Road Pokfulam Hong Kong

Additional identifiers

Protocol serial number N/A

Study information

Scientific Title

Study objectives

The nurse delivered stage-matched smoking cessation intervention is to achieve a higher quit rate than the control among Chinese cardiac patients.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the New Territories West Cluster Clinical and Research Ethics Committee on the 14th October 2007 (ref: NTWC/CREC/325/04).

Study design

A multicentre randomised single-blind placebo controlled study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Smoking cessation

Interventions

Intervention: duration is 1 month with an initial face-to-face stage-matched smoking cessation counselling at the outpatient clinic (usually last for 2 - 30 minutes), and 10-minute telephone reminders at 1-week and 1-month, totalling in 40 - 50 minutes. The mean counselling times in the intervention group were 21.07 minutes at baseline, 12.70 minutes at 1-week follow up and 13.31 minutes at 1-month follow up.

Control: receive a healthy diet education manual from our study at the outpatient clinic after randomisation. The mean counselling time in the control group was 17.58 minutes.

Subjects in both groups received standard care after hospitalisation from the individual hospital which may be different from hospital to hospital. All the patients were followed up at 3-month, 6-month, and 12-month after initial contact and self-reported quitters were invited to participate in a urine cotinine test.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Continuous abstinence for one month at the time of 3, 6, and 12 month follow up.

Key secondary outcome(s))

- 1. Reduction in the number of cigarette smoked at 3, 6, and 12 months follow up
- 2. Progression to a higher stage of readiness to quit (5 stages: precontemplation, contemplation, preparation, action, maintenance) at 3, 6, and 12 months follow up

Completion date

31/12/2004

Eligibility

Key inclusion criteria

- 1. Patient who is admitted to the participating centres and is a current smoker who has smoked daily in the past 7 days prior to hospitalisation
- 2. Patient speaks and reads Cantonese/Chinese
- 3. Patient over 18 years, male or female

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

- 1. Patient who is clinically too ill and not suitable to complete questionnaire and/or receive intervention
- 2. Patient who does not speak or read Chinese

Date of first enrolment

06/03/2002

Date of final enrolment

31/12/2004

Locations

Countries of recruitment

Hong Kong

Study participating centre

4/F, William MW Mong Block

Pokfulam Hong Kong

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Sponsor information

Organisation

The Hong Kong Research Grants Council (RGC) (Hong Kong)

Funder(s)

Funder type

Government

Funder Name

The Hong Kong Research Grants Council (RGC) (Hong Kong) - Earmarked Research Grant 2001-2002 (ref. No: HKU 7224/01M)

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	01/04/2012	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/11/2025	No	Yes