

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

**Submission date**

31/10/2007

**Recruitment status**

No longer recruiting

**Registration date**

06/11/2007

**Overall study status**

Completed

**Last Edited**

24/05/2012

**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

**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

### 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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Hospital

### Study type(s)

Treatment

### Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

### 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 measure**

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

**Secondary outcome measures**

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

**Overall study start date**

06/03/2002

**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

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

1824

**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)

**Sponsor details**

7/F, Shui On Centre

6 - 8 Harbour Road, Wanchai

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**Sponsor type**

Government

**Website**

<http://www.ugc.edu.hk/eng/rgc/index.htm>

## 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

**Publication and dissemination plan**  
Not provided at time of registration

**Intention to publish date**

**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?
<a href="#">Results article</a>	results	01/04/2012		Yes	No