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

Submission date	Recruitment status	[ ] Prospectively registered
31/10/2007	No longer recruiting	[ ] 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 Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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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
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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?
Results article	results	01/04/2012		Yes	No