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Queer Quit: smoking cessation programme tailored to gay men

Submission date	Recruitment status	[ ] Prospectively registered
23/09/2013	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
02/10/2013	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
10/09/2015	Mental and Behavioural Disorders	

Plain English summary of protocol

Background and study aims
Homosexual men smoke more often than heterosexual men do. Gay men prefer smoking cessation classes that are specifically designed for gay men. In this study, we want to test whether a smoking cessation programme for gay men helps them quit smoking. The programme is similar to a British programme.

Who can participate?
Smoking gay men or men who have sex with men, older than 18 years and with strong intentions to quit can participate in the study.

What does the study involve?
In the programme, gay men attend one session per week for seven weeks. The participants set a quit day, form "quit teams" and perform regular breathing tests. They learn about nicotine replacement therapy and how to deal with cravings. The facilitators of the programme are gay men. Six months after the programme, the participants are asked whether they have smoked during the past week. Furthermore, they tell us about their use of other drugs, their depression and anxiety levels and their physical health.

What are the possible benefits and risks of participating?
The benefit of this programme is that the participants may be able to give up smoking. There are no risks associated with this programme.

Where is the study run from?
The programme takes place at Checkpoint, a gay health care centre in Zurich, Switzerland.

When is the study starting and how long is it expected to run for?
The study ran between January 2009 and December 2010.

Who is funding the study?
The study is funded by the Swiss Tobacco Control Fund, Switzerland.

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Queer Quit: a pilot study of a smoking cessation programme tailored to gay men

Study objectives
1. Attendance of a seven-week smoking cessation programme tailored to gay men enhances their abstinence rates six months after programme attendance, as measured by seven-day point prevalence smoking abstinence.
2. Attendance of a seven-week smoking cessation programme tailored to gay men reduces their consumption of other drugs as well as their anxiety and depression levels, and increases their mental and physical health.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Following investigation with the Cantonal Ethical Committee of Zurich, the study does not meet the criteria requiring formal ethical approval as we do not administer drugs or do not perform the study in a hospital, nursing home or institution of justice (www.kek.zh.ch)

Study design

Pilot study without a control group

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Cigarette smoking

Interventions
We aim at a minimum of five groups with 15 participants each.

The programme consists of seven weekly closed-group sessions, each lasting 2.5 hours. Sessions 1 and 2 of the programme have an educational focus. These sessions are mainly managed by the facilitator. To support participants in seeking medication, a letter addressed to their general practitioners announcing participants' attendance in the programme and requesting a prescription of nicotine replacement therapy (NRT) or other prescription medicine is made available. Smoking cessation at session 3 ('quit day') is mandatory for all participants. From 'quit day' in session 3 onwards, priority is given to the social component of the programme. Peer support is reinforced by shifting from vertical (facilitator) to horizontal peer support (quit teams). Carbon monoxide (CO) measures are taken in each session using a breath carbon monoxide monitor to confirm smoking cessation, monitor smoking abstinence and visualise physical health improvements. In addition, participants have to indicate the number of cigarettes smoked in the previous 7 days and the type and the number of units used of NRT during the previous week, if any. These assessments are understood as part of the programme to make participants aware of their progress.

Week 1: Facts about smoking and smoking cessation; What can you expect when you quit smoking? Minimise the side effects - NRTs and prescription medication; Contraindications for prescription medication; What about prescription medication and HIV anti-retroviral therapy? The issues of combination usage of NRT and prescription medication
Week 2: Are you ready to stop smoking? Carbon monoxide and what it does to you; Carbon monoxide monitor; Stop Smoking action plan; Smoking diary; Preparing for Quit Day
Week 3: Quit Day; Quit Team Contact Sheet
Week 4: Inexpensive holistic stop-smoking ideas
Week 5: Weight gain issues
Week 6: Your support network
Week 7: Celebration

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Seven-day point prevalence smoking abstinence six months following the last program session via the question: Have you smoked during the past seven days?

Key secondary outcome(s))
1. Depression [Beck Depression Inventory (BDI-V)] measured at baseline, session 7 and at the six-month follow-up
2. Anxiety [Beck Anxiety Inventory (BAI)] measured at baseline, session 7 and at the six-month follow-up
3. Mental and physical health [Short-Form Health Survey (SF-12)] measured at baseline, session 7 and at the six-months follow-up
4. Alcohol and drug use in the previous 30 days (European Addiction Severity Index)

Completion date
31/12/2010

Eligibility

Key inclusion criteria
Smoking, gay men or men who have sex with men older than 18 years with strong intentions to quit

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Male

Key exclusion criteria
N/A

Date of first enrolment
01/01/2009

Date of final enrolment
31/12/2010

Locations

Countries of recruitment
Switzerland

Study participating centre

Swiss Research Institute for Public Health and Addiction ISGF
Zürich
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Sponsor information

Organisation
Federal Office of Public Health (FOPH) (Switzerland)

ROR
https://ror.org/01qtc5416

Funder(s)

Funder type
Government

Funder Name
Federal Office of Public Health (FOPH) (Switzerland) - Swiss Tobacco Control Fund; Grant No. 08.002268

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	06/02/2014		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes