

# Stop Smoking with Mobile Phones: Pilot study

<b>Submission date</b> 05/04/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 13/06/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 06/08/2010	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Caroline Free

### Contact details

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## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

### Acronym

TXT2STOP

**Study objectives**

TXT2STOP is a pilot study for a trial of mobile phone text-messaging as an aid to support smoking cessation in young people in the UK.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethical approval given by London School of Hygiene and Tropical Medicine (LSHTM) as this is a single site pilot study, dated 24/10/2005, reference number: 3077

**Study design**

Randomised controlled pilot study

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Smoking

**Interventions**

The intervention group will be encouraged to set a quit date within 14 days of randomisation. Five messages per day will be sent in the first five weeks after randomisation. The control group will receive fortnightly messages on the most well known health dangers of smoking.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Self-reported abstinence at six months post randomisation. Verified by salivary cotinine testing using a cut-off of 7 ng/ml of cotinine.

**Key secondary outcome(s)**

At four weeks: point prevalence of smoking (as per National Health Service [NHS] standard reporting).

At six months: 28-day continuous abstinence, involvement in any vehicle crashes (these are the only rare adverse health effects of using a mobile phone)

**Completion date**

30/09/2006

**Eligibility****Key inclusion criteria**

Aged 16 years and over, currently smoking cigarettes daily and interested in quitting, owner of a mobile phone and familiar with text messaging capabilities. Able to provide informed consent to participate in the study.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

16 years

**Sex**

All

**Key exclusion criteria**

Does not match inclusion criteria

**Date of first enrolment**

18/04/2006

**Date of final enrolment**

30/09/2006

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Nutrition and Public Health Research Interventions Unit

London

United Kingdom

WC1E 7HT

**Sponsor information****Organisation**

London School of Hygiene and Tropical Medicine (LSHTM) (UK)

ROR

<https://ror.org/00a0jsq62>

## Funder(s)

### Funder type

Research council

### Funder Name

Medical Research Council (MRC) (UK)

### Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, MRC

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

United Kingdom

## 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?
<a href="#">Results article</a>	results	01/04/2009		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes