

Stop Smoking with Mobile Phones: Pilot study

Submission date 05/04/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 13/06/2006	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 06/08/2010	Condition category 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

Study website

<http://www.txt2stop.org>

Contact information

Type(s)

Scientific

Contact name

Dr Caroline Free

Contact details

Nutrition and Public Health Research Interventions Unit
London School of Hygiene and Tropical Medicine (LSHTM)
Keppel Street
London
United Kingdom
WC1E 7HT
+44 (0)20 7958 8109
caroline.free@lshtm.ac.uk

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Treatment

Participant information sheet

https://www.txt2stop.org/participant_info.html

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 measure

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

Secondary outcome measures

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)

Overall study start date

18/04/2006

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

Age group

Adult

Lower age limit

16 Years

Sex

Both

Target number of participants

200

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

England

United Kingdom

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)

Sponsor details

Keppel Street

London

United Kingdom

HA5 1TY

Sponsor type

University/education

Website

<http://www.lshtm.ac.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

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	01/04/2009		Yes	No