

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

Contact information

Type(s)
Scientific

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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, Medical Research Committee and Advisory 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?
Results article	results	01/04/2009		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes