

# Effectiveness of the "Smoke-Free Class Competition" (SFC) in delaying the onset of smoking in Polish students: a cluster-randomized controlled trial

<b>Submission date</b> 18/12/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 14/01/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 28/05/2008	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**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**

**Study objectives**

SFC shows a preventive effect on knowledge, attitudes and smoking behaviour

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Bioethics Commission of the University of Medical Sciences in Poznan, Poland. Date of approval: 15 May 2008 (ref: 511/08)

**Study design**

Prospective, cluster-randomized, controlled trial.

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

Smoking prevention

**Interventions**

Participating schools will be randomised to the intervention and control groups.

Intervention group: "Smoke-Free Class Competition" ("Współzawodnictwo Klasa Wolna od Dymu")

Control group: Treatment as usual

Description of the intervention: Each participating class has to decide if they want to be a "Smoke-free Class" for a six-month period from fall to spring. Classes monitor their (non-) smoking behaviour and report it to the teacher regularly. Classes, in which pupils refrain from smoking for this period of time participate in a prize draw.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

The following will be assessed by questionnaires at the end of intervention and at 12- and 18-month follow-up:

1. Knowledge on smoking consequences
2. Attitudes towards smoking
3. Intention to use tobacco
4. Smoking status

**Key secondary outcome(s)**

The following will be assessed by questionnaires at the end of intervention and at 12- and 18-month follow-up:

1. Class climate
2. Bullying

**Completion date**

31/12/2009

## **Eligibility**

**Key inclusion criteria**

1. Students of public schools
2. Age between 10-13 years old (10 year on the beginning of the study, 4th grade)
3. Written consent of parents

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

10 years

**Upper age limit**

13 years

**Sex**

All

**Key exclusion criteria**

1. Students of schools with special pedagogic needs
2. Missing parental consent

**Date of first enrolment**

15/10/2007

**Date of final enrolment**

31/12/2009

## **Locations**

**Countries of recruitment**

Germany

Poland

**Study participating centre**  
**Institute for Therapy and Health Research (IFT- Nord)**  
Kiel  
Germany  
24105

## Sponsor information

**Organisation**  
European Commission

**ROR**  
<https://ror.org/00k4n6c32>

## Funder(s)

**Funder type**  
Other

**Funder Name**  
European Commission

**Alternative Name(s)**  
European Union, Comisión Europea, Europäische Kommission, EU-Kommissionen, Euroopa Komisjoni, EC, EU

**Funding Body Type**  
Government organisation

**Funding Body Subtype**  
National government

**Location**

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

