

# iQuit in Practice

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|--|---|--|
| <b>Submission date</b><br>13/07/2016   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered<br><input checked="" type="checkbox"/> Protocol            |
| <b>Registration date</b><br>21/07/2016 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input type="checkbox"/> Results                       |
| <b>Last Edited</b><br>30/08/2023       | <b>Condition category</b><br>Cancer               | <input type="checkbox"/> Individual participant data<br><input type="checkbox"/> Record updated in last year |

## Plain English summary of protocol

<https://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/a-study-looking-at-a-new-programme-to-help-people-give-up-smoking-iquit>

## Contact information

### Type(s)

Public

### Contact name

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### ORCID ID

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### Contact details

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Cambridge Biomedical Campus  
Cambridge  
United Kingdom  
CB2 0SR

## Additional identifiers

### Protocol serial number

30934

## Study information

### Scientific Title

Improving quit rates among smokers in primary care: Pragmatic trial of effectiveness and cost-effectiveness of a tailored web- and text message-based intervention for smoking cessation (iQuit in Practice)

### **Study objectives**

The aim of this study is to establish the effectiveness and cost-effectiveness of the iQuit in Practice intervention compared to routine care alone.

This study is a follow up study to a pilot study available via: <http://www.isrctn.com/ISRCTN56702353>

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

East of England - Cambridge East Research Ethics Committee, 29/02/2016, ref: 16/EE/0030

### **Study design**

Randomised; Interventional; Design type: Treatment, Psychological & Behavioural

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

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

Specialty: Primary Care, Primary sub-specialty: Public Health; UKCRC code/ Disease: Cancer/ Malignant neoplasms of respiratory and intrathoracic organs, Cardiovascular/ Pulmonary heart disease and diseases of pulmonary circulation, Respiratory/ Lung diseases due to external agents, Stroke/ Cerebrovascular diseases

### **Interventions**

Patients will be randomly allocated to either the control or intervention group during the consultation through the on-line iQuit software.

Control group: Participants receive usual care alone. This involves having a face to face discussion on reasons why a patient smokes and why they may want to quit; a breath test to measure CO and a discussion on stop smoking treatments that are available such as nicotine replacement therapies and Champix. Patients are also offered follow-up support and advice on how to avoid potential pitfalls that might get in the way of a successful quit attempt.

Intervention group: Participants receive the iQuit intervention. In addition to 'usual care' and the tailored report generated from the iQuit software, participants will begin to receive text messages the day before their quit date and 0, 1 or 2 messages each day for 90 days. The following are examples of text messages a participant might receive.

"Hi Sarah, welcome to iQuit in Practice, a personal program of quitting support. We hope you enjoy it and that it helps in your quit attempt. The iQuit team."

"As well as removing cigarettes and ashtrays, ask any visitors not to smoke inside. Now's a great time to freshen up the curtains and wipe away any smoke stains."

"Quitting is great for your skin. Several studies have found measureable improvements in the skin tone of quitters, often within in the first four weeks!"

"By staying quit, your immune system will start to recover, meaning you'll soon be better able to fight off colds and other illnesses."

"After all your effort to get this far, make sure you reward yourself. It's a real achievement, and this time it's for good. :-)"

"Don't believe 'just one' is okay: A 2010 review found that even 'light' smokers were at much more risk of lung problems and cataracts compared to non-smokers."

"Hi Sarah, great job so far. Just make sure you don't give yourself any excuses. You decided to quit because you wanted to QUIT."

Follow up is at 4 weeks and 6 months post quit date: Follow-up is a CO test (at 4 weeks), a questionnaire and saliva test (at 6 months).

## **Intervention Type**

Other

## **Primary outcome(s)**

Self-reported abstinence from smoking for 6 months endorsed by biochemical verification measured 6 months after the participant's quit date. Abstinence from smoking will be measured 6 months after the participant's quit date using a questionnaire (sent by the research team) followed by biochemical verification. All participants that have stated in the questionnaire they have not smoked for 6 months will be sent a kit to collect a saliva sample. The sample will be analysed for cotinine (a nicotine metabolite). If the sample is positive for cotinine then the sample will also be assayed for anabasine to differentiate whether the cotinine has come from tobacco, E-Cig or NRT.

## **Key secondary outcome(s)**

1. Abstinence is measured using carbon monoxide (CO) testing at baseline and the routine follow-up 4-week appointment in the patient's GP practice
2. Abstinence is measured through self-reporting using a questionnaire deigned for this study at 6 months (not biochemically validated)
3. Cost-effectiveness of the intervention is determined using a questionnaire at 6 months post quit date will determine NHS costs accumulated during the previous 6 months through questions on GP visits and medications prescribed, including NRTs

## **Completion date**

31/10/2019

# **Eligibility**

## **Key inclusion criteria**

1. Current smoker aged 16 - 75
2. Wants to quit and willing to attending for smoking cessation support at a GP practice

3. Owns a mobile phone and familiar with sending/receiving text messages
4. Able to read and understand English, and give informed written consent
5. Willing to set a quit-date within 14 days of starting the study
6. Not currently involved in another formal smoking cessation study

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Not meeting the inclusion criteria
2. Their GP feels that it would not be appropriate for them to participate (e.g. severe complex additional health problems)

**Date of first enrolment**

11/07/2016

**Date of final enrolment**

31/03/2019

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

United Kingdom

England

**Study participating centre**

**Alconbury and Brampton Surgery**

School Lane

Alconbury

Huntingdon

United Kingdom

PE28 4EQ

**Study participating centre**

**Cathedral Medical Centre**

Princess of Wales Hospital

Kilkenny Avenue

Lynn Road  
Ely  
United Kingdom  
CB6 1DN

**Study participating centre**  
**The Riverside Practice**  
23 Marylebone Road  
March  
United Kingdom  
PE15 8BG

**Study participating centre**  
**Prospect Medical Practice**  
95 Aylsham Road  
Norwich  
United Kingdom  
NR3 2HW

**Study participating centre**  
**Hanscombe House Surgery**  
52A St Andrew Street  
Herford  
United Kingdom  
SG14 1JA

**Study participating centre**  
**The Cornerstone Practice**  
Elwyn Road  
March  
United Kingdom  
PE15 9BF

**Study participating centre**  
**The Old Exchange**  
East Street  
St. Ives  
United Kingdom  
PE27 5PB

**Study participating centre**  
**Sawston Medical Centre**  
London Road  
Sawston  
United Kingdom  
CB22 3HU

**Study participating centre**  
**The Peninsula Practice**  
Mill Hoo  
Alderton  
United Kingdom  
IP12 3DA

**Study participating centre**  
**Mundesley Medical Centre**  
Munhaven Close  
Mundesley  
Norwich  
United Kingdom  
NR11 8AR

**Study participating centre**  
**Beccles Medical Centre**  
St. Mary's Road  
Beccles  
United Kingdom  
NR34 9NX

**Study participating centre**  
**Fakenham Medical Practice**  
Meditrina House  
Trinity Road  
Fakenham  
United Kingdom  
NR21 8SY

**Study participating centre**  
**Wellside Surgery**  
45 High Street

Sawtry  
Huntingdon  
United Kingdom  
PE28 5SU

**Study participating centre**  
**Welland Medical Practice**  
142 Eye Road  
Peterborough  
United Kingdom  
PE1 4SG

**Study participating centre**  
**Feltwell Surgery**  
Old Brandon Road  
Feltwell  
United Kingdom  
IP26 4AY

**Study participating centre**  
**Oak Street Medical Practice**  
Oak Street  
Norwich  
United Kingdom  
NR3 3DL

**Study participating centre**  
**Hingham Surgery**  
Hardingham Street  
Hingham  
United Kingdom  
NR9 4JB

**Study participating centre**  
**The Maples Health Centre**  
Vancouver Road  
Broxbourne  
United Kingdom  
EN10 6FD

**Study participating centre**  
**The Chesterfield Drive Practice**  
29 Chesterfield Drive  
Ipswich  
United Kingdom  
IP1 6DW

**Study participating centre**  
**Grove Surgery**  
Grove lane  
Thetford  
United Kingdom  
IP24 2HY

**Study participating centre**  
**Hoveton and Wroxham Medical Practice**  
Stalham Road  
Hoveton  
United Kingdom  
NR12 8DU

**Study participating centre**  
**Kirkley Mill Surgery/Falkland Surgery**  
Clifton Road  
Lowestoft  
United Kingdom  
NR33 0HF

**Study participating centre**  
**Leighton Road Surgery**  
1 Leighton Road  
Leighton Buzzard  
United Kingdom  
LU7 1LB

**Study participating centre**  
**Flitwick Surgery**  
Highlands

Flitwick  
United Kingdom  
MK45 1DZ

**Study participating centre**

**Greensands Surgery**

The Health Centre  
Oliver Street  
Amphill  
United Kingdom  
MK45 2SB

**Study participating centre**

**Pemberley Surgery**

32 Pemberley Avenue  
Bedford  
United Kingdom  
MK40 2LA

## **Sponsor information**

**Organisation**

University of Cambridge

**ROR**

<https://ror.org/013meh722>

## **Funder(s)**

**Funder type**

Charity

**Funder Name**

Cancer Research UK

**Alternative Name(s)**

CR\_UK, Cancer Research UK - London, Cancer Research UK (CRUK), CRUK

**Funding Body Type**

Private sector organisation

## Funding Body Subtype

Other non-profit organizations

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Available on request

### Study outputs

| Output type                                   | Details  | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|--|--------------|------------|----------------|-----------------|
| <a href="#">Protocol article</a>              | protocol   | 14/07/2020   | 17/07/2020 | Yes            | No              |
| <a href="#">HRA research summary</a>          |  |              | 28/06/2023 | No             | No              |
| <a href="#">Participant information sheet</a> | version 6.0  | 25/05/2018   | 30/08/2023 | No             | Yes             |
| <a href="#">Participant information sheet</a> | iQuit in practice participant consent form version 3.0 | 06/12/2016   | 30/08/2023 | No             | Yes             |
| <a href="#">Participant information sheet</a> | Participant information sheet                          | 11/11/2025   | 11/11/2025 | No             | Yes             |