

SPRINT Study: active and smoke-free women

Submission date 27/01/2010	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 22/06/2010	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 08/05/2013	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

Contact name

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Additional identifiers

Protocol serial number

TOSC1

Study information

Scientific Title

Randomised controlled trial for evaluating a brief counselling intervention on physical activity and smoking cessation to smoking women undergoing to the National Health System Cervical Cancer Screening Program (NHS-CCS-Prog) in Tuscany (Florence area), Piedmont (Turin), Emilia-Romagna (Cesena), and Lombardy (Mantua) regions

Acronym

SPRINT Study

Study objectives

1. To verify whether the smoking cessation counselling intervention delivered to women randomly assigned to the "smoking" intervention arm, could increase the one-year cessation rate, in comparison to that recorded in women randomly assigned to the control arm
2. To verify whether the counselling interventions on smoking cessation and physical activity delivered to women randomly assigned to the "smoking and physical activity" intervention arm, could increase the one-year cessation rate, in comparison to that recorded in women randomly assigned to the control arm, or to the "smoking" intervention arm

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee of the Local Health Authority of Florence, Italy, approved on the 5th May 2009

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Screening

Health condition(s) or problem(s) studied

Smoking cessation in adults (women)

Interventions

The smoking cessation intervention in the "smoking" and in the "smoking and physical activity" arms is tailored according to the DiClemente-Prochaska stage of change on smoking behaviour. The stage of motivational change of each participating woman is obtained from the study questionnaire that participants have to fill in while waiting for the Pap test. The counselling intervention corresponds to the first two phases of the brief intervention for smoking cessation ("Ask" and "Advice"). It takes about 2 - 3 minutes.

The physical activity intervention in the "smoking and physical activity" arm is tailored according to the DiClemente-Prochaska stage of change regarding physical activity. The stage of motivational change of each participating woman is obtained from the study questionnaire, that participants have to fill in while waiting for the Pap test. The counselling on physical activity is a brief intervention, and takes about 4 - 5 minutes.

The smoking cessation and physical activity interventions are delivered by trained midwives during the Pap-test examination, that takes about 15 - 20 minutes per attending woman.

Participating women have also to fill in an informed consent attached to the study questionnaire they have to fill in while waiting for the Pap test.

A self-help booklet on physical activity and smoking cessation is provided to all participants to the study.

A telephone follow-up of all participants is scheduled after six months and one year from the intervention, in order to evaluate how many women quit smoking after the intervention.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Six-month smoking cessation rate

Key secondary outcome(s)

Stages of motivational change according to the DiClemente-Prochaska Transtheoretical Model of Change, measured before the interventions and after 6 months with a structured questionnaire delivered to participants to the study

Completion date

30/11/2011

Eligibility**Key inclusion criteria**

1. Smoking women aged 25 - 64 years old
2. Attending the NHS-CCS-Prog Consulting Rooms located in Florence, Turin, Cesena, and Mantua areas

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Female

Key exclusion criteria

1. Non-smoking and former smoking women aged 25 - 64 years old
2. Women aged less than 25 years old or more than 64

Date of first enrolment

01/09/2009

Date of final enrolment

30/11/2011

Locations

Countries of recruitment

Italy

Study participating centre

Cancer Prevention and Research Institute

Florence

Italy

50135

Sponsor information

Organisation

Ministry of Health, Rome (Italy)

ROR

<https://ror.org/00789fa95>

Funder(s)

Funder type

Government

Funder Name

Ministry of Health, Rome (Italy) - Lombardy Region

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				

Results article		05/09/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes