

# Web-based intervention for co-smokers of tobacco and cannabis to enhance knowledge and awareness of tobacco and cannabis co-use

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<b>Registration date</b> 27/03/2013	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 19/09/2019	<b>Condition category</b> 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

### Background and study aims

The relationship between tobacco and cannabis use is multi-layered and can cause problems especially when co-smokers try to stop the use of one substance. However, many co-smokers are not aware of this relationship and current cessation programs usually focus on one substance. Therefore we developed the first integrative group cessation program for co-smokers of cigarettes and cannabis. This web-based study aims at enhancing co-smokers awareness of the relationship between tobacco and cannabis and at motivating them to quit tobacco and cannabis simultaneously.

### Who can participate?

Every co-smoker of tobacco and cannabis can participate, if he/she has smoked tobacco at least once during the last 4 weeks and has used cannabis at least once during the past 6 months. There is no age restriction.

### What does the study involve?

Every participant will be randomly allocated to one of three interventions:

The first intervention provides information on the relationship between tobacco and cannabis use. Participants can only read this information page by page.

The second intervention consists of two parts. In the first part, participants fill in a questionnaire on their tobacco and cannabis smoking behaviours. In the second part, they get a computer-generated feedback about their smoking behaviours. This includes comparisons of the participants behaviour with that of other smokers of the same age and recommendations concerning the smoking behaviour and how it could or should be changed.

In the third intervention, participants also receive questions to answer, but these are more open-ended compared to the questions of the questionnaire in the second intervention. They promote the participants reflection on their smoking behaviour, such as their personal pros and cons of quitting tobacco and/or cannabis use. Participants also get feedbacks and periodic summaries of their inputs.

What are the possible benefits and risks of participating?

The participants obtain a better understanding of their own smoking behaviours and their cessation motivation. There are no known side effects.

Where is the study run from?

The study is lead by the Swiss Research Institute for Public Health and Addiction, an associated institute to Zurich University and a World Health Organization (WHO) collaborating centre for substance abuse.

When is study starting and how long is it expected to run for?

The study started in January 2012 and will end in April 2013. Participants will be recruited within this time period.

Who is funding the study?

The study is funded by the Swiss Tobacco Prevention Fund.

Who is the main contact?

Ms. Julia Becker, Scientific Employee  
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## Contact information

### Type(s)

Scientific

### Contact name

Dr Michael Schaub

### Contact details

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## Additional identifiers

### Protocol serial number

11.002932

## Study information

### Scientific Title

Brief web-based interventions to enhance co-smokers' knowledge and awareness of tobacco and cannabis co-use and to motivate them for simultaneous cessation: a randomized controlled trial

## **Study objectives**

It is hypothesized that interactive web-based interventions are more effective in enhancing the motivation to quit tobacco and cannabis use simultaneously compared to mere psycho-education (= control condition).

This is a sub-study of the Integrative Cessation Program for co-smokers of cigarettes and cannabis (<http://www.controlled-trials.com/ISRCTN15248397>)

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Ethics Committee of the Canton of Zurich, Switzerland, June 27, 2011, approval number: KEK-StV-Nr. 23/11; amendment for the internet intervention, November 11, 2011

## **Study design**

Randomized controlled web-based study

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

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

Nicotine and cannabis use/misuse/abuse

## **Interventions**

Participants are randomly assigned to one out of the three following web-based, brief interventions:

1. Psycho-education (=control condition): mere knowledge transfer, provision of information on tobacco use, cannabis use, co-use of tobacco and cannabis, and changing smoking behaviour; the information is thematically subdivided into smaller chapters; in order to read the next chapter participants have to click a next button
2. Self-assessment with personalized, normative feedback: participants have to fill out two questionnaires on their tobacco and cannabis use behaviours; afterwards they receive feedbacks which are generated by an algorithm using the information given during the self-assessment; the feedbacks contain information about the frequency of use and scores (tobacco: dependence; cannabis: problematic use), including an explanation of the meaning of the scores (in relation to diagnostic cut-offs) as well as normative comparisons with reference populations of the same gender (only for tobacco) and use pattern on the basis of epidemiological data from community samples; finally, participants obtain a targeted advice to change their behaviour
3. Intervention based on principles of motivational interviewing: participants are asked mainly open-ended questions (e.g., pros and cons of quitting tobacco and cannabis); the goal is to promote the participants self-reflective thinking about their smoking behaviour and intentions to change it, to strengthen the abstinence-related self-efficacy, and to make participants think about the inconsistency of continued co-smoking with their personal goals; participants receive periodically affirmative feedbacks and summaries of their input

Duration of the interventions: one session not longer than 20 minutes

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Motivation to quit tobacco and cannabis simultaneously after intervention (t1) measured at t0, t1, t2 with a readiness ruler ranging from 1 to 10

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

1. Motivation to quit tobacco (measured at t0, t1, t2 with a readiness ruler ranging from 1 to 10)
2. Motivation to quit cannabis (measured at t0, t1, t2 with a readiness ruler ranging from 1 to 10)
3. HAPA stages of change (measured at t0, t1, t2)
4. Tobacco mean amount of cigarettes per day during last 4 weeks (measured at t0 & t2)
5. Cannabis use frequency: mean use frequency (consumption units) per day (calculated from a 7 days timeline follow-back question) and consumption frequency during last 4 weeks (8 categories) measured at t0 & t2
6. Self efficacy (to abstain from tobacco and cannabis) measured at t0, t1, t2
7. General health status (single-item-measure from SF-36) measured at t0 & t2
8. Information seeking about integrative cessation course (t2; after the intervention, participants have to choose whether they want to obtain further information about the course or whether they are not interested in the course) Enrolment for informative event of the integrative cessation course (measured with enrolment lists)
9. Participation in the integrative cessation course (measured with enrolment lists)
10. Tobacco cessation attempt during past 8 weeks measured at t2
11. Cannabis cessation attempt during past 8 weeks measured at t2

### **Completion date**

30/04/2013

## **Eligibility**

### **Key inclusion criteria**

1. Tobacco use at least once during past 30 days
2. Cannabis use at least once during past 6 months
3. No age constraints, either gender

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Sex**

All

**Total final enrolment**

325

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

03/01/2012

**Date of final enrolment**

30/04/2013

## **Locations**

**Countries of recruitment**

Switzerland

**Study participating centre**

**Swiss Research Institute for Public Health and Addiction ISGF**

Zurich

Switzerland

8031

## **Sponsor information**

**Organisation**

Swiss Tobacco Prevention Fund (Switzerland)

**ROR**

<https://ror.org/01qtc5416>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

Swiss Tobacco Prevention Fund (Switzerland), grant number 11.002932

# 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?
<a href="#">Results article</a>	results	05/12/2014	19/09/2019	Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes