

# iQuit in practice: a study to examine a personalised web-and text message programme to support smoking cessation in Primary Care

|  |   |  |
|--|---|--|
| <b>Submission date</b><br>23/12/2008   | <b>Recruitment status</b><br>No longer recruiting             | <input checked="" type="checkbox"/> Prospectively registered |
| <b>Registration date</b><br>02/03/2009 | <b>Overall study status</b><br>Completed                      | <input checked="" type="checkbox"/> Protocol                 |
| <b>Last Edited</b><br>25/09/2018       | <b>Condition category</b><br>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

Prof Stephen Sutton

### Contact details

General Practice & Primary Care Research Unit  
Department of Public Health & Primary Care  
University of Cambridge, Institute of Public Health  
Forvie Site, Robinson Way  
Cambridge  
United Kingdom  
CB2 0SR

## Additional identifiers

### Protocol serial number

N/A

## Study information

**Scientific Title**

A randomised controlled trial to assess the feasibility, acceptability and effectiveness of tailored web- and text-based facilitation of smoking cessation in primary care

**Study objectives**

The proposed trial is part of a larger programme of work in the General Practice and Primary Care Research Unit, University of Cambridge, on computer-based approaches to smoking cessation. The intervention to be evaluated in this trial consists of two components:

1. A web-based program designed to be used by a practice nurse or other smoking cessation advisor (SCA); the program generates a cessation advice report that is highly tailored to relevant characteristics of the smoker
2. A three-month program of automatically generated tailored text messages sent to the smoker's mobile phone

The iQuit program is a potentially cost-effective approach which is designed to enhance the effectiveness of the consultation without requiring nurses to radically change the way they advise and treat smokers and to provide continuing support to smokers during their quit attempts, while reducing the need for them to attend the practice (except for the purpose of obtaining further supplies of nicotine replacement and attending for the routine NHS four-week follow-up appointment).

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Two parallel group randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Smoking cessation

**Interventions**

Two groups to be compared:

1. Control group: participants will receive 'usual care' for smoking cessation
2. Intervention group: participants will receive 'usual care' for smoking cessation, plus a printed patient-tailored advice report generated by web-based software, followed by a 90-day program of patient-tailored interactive SMS text messages

Follow up dates:

Routine NHS follow up: 4 weeks from quit date

Research follow up: 8 weeks and 6 months from randomisation date

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Self-reported effectiveness, using a self report of being abstinent from smoking for at least 2 weeks, at 8-week follow-up from randomisation date, as assessed by postal questionnaire or telephone interview (blinded interviewer).

**Key secondary outcome(s)**

1. Carbon monoxide (CO)-verified self-report of being abstinent from smoking for at least 2 weeks, at 4-week follow-up from quit date
2. Self-reported prolonged abstinence (at least 3 months) at 6-month follow-up from randomisation date

**Completion date**

31/01/2011

## **Eligibility**

**Key inclusion criteria**

Patients can be included in the study if they meet all of the criteria below:

1. Current smoker (has smoked in the 7 days prior to randomisation date)
2. Able to read English and can provide written informed consent
3. Is seriously considering quitting smoking and is willing to set a quit date within the 14 days after randomisation
4. Aged 18 - 75 years, either sex
5. Has a mobile phone and is familiar with sending and receiving SMS text messages
6. Is willing to participate in study and follow study procedures
7. Is not currently enrolled in another formal smoking cessation study or program
8. Is not using nicotine replacement therapy (NRT), bupropion (Zyban®) and varenicline (Champix®) or other pharmacotherapy at randomisation date

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

75 years

**Sex**

All

### **Key exclusion criteria**

1. Do not meet all of the inclusion criteria
2. Considered by their GP to be unsuitable for the project for any reason e.g. people with severe mental impairment or severely or terminally ill

Co-morbidities, for example chronic obstructive pulmonary disease (COPD), diabetes, are not excluded from the study (unless their GP considers them unsuitable). In addition, we would not exclude entry to the trial of more than one participant per household, however, should this occur, they would be assigned to the same treatment group (to minimise the potential for contamination).

### **Date of first enrolment**

01/04/2009

### **Date of final enrolment**

31/01/2011

## **Locations**

### **Countries of recruitment**

United Kingdom

England

### **Study participating centre**

General Practice & Primary Care Research Unit

Cambridge

United Kingdom

CB2 0SR

## **Sponsor information**

### **Organisation**

University of Cambridge (UK)

### **ROR**

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

## **Funder(s)**

Funder type

Government

## Funder Name

National Institute for Health Research (NIHR) (UK) - School for Primary Care Research (SPCR)  
(ref: 4.29)

# 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                       | 01/07/2014   |            | Yes            | No              |
| <a href="#">Protocol article</a>              | protocol                      | 10/04/2013   |            | Yes            | No              |
| <a href="#">Participant information sheet</a> | Participant information sheet | 11/11/2025   | 11/11/2025 | No             | Yes             |