Evaluation of the effect of a follow-up program for SMO cessation courses during in-patient REHAbilitation treatment

Submission date	Recruitment status No longer recruiting	Prospectively registered		
10/08/2006		∐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
04/01/2007	Completed	☐ Results		
Last Edited	Condition category	Individual participant data		
04/01/2007	Mental and Behavioural Disorders	Record updated in last year		

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 N/A

Study information

Scientific Title

Acronym

ESMOREHA

Study objectives

- 1. Patients who complete intensive follow-up programs more frequently quit or reduce their smoking than those without such an intervention.
- 2. The smoking cessation program in Borkum is at least as successful as comparable programs.
- 3. The quit date method leads to a higher long-therm outcome relative to nicotine abstinence.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee of the Medical Association of Lower Saxony Germany, approval received on the 22nd September 2005.

Study design

Monocentric, prospective, randomised controlled study.

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Smoking addiction

Interventions

Follow-up reminder calls and refresher courses for 12 months versus care as usual.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Reduction of the risk of nicotine-associated illness.

Key secondary outcome(s))

- 1. Quality of life improvement
- 2. Reduction in direct and indirect costs

Completion date

31/05/2009

Eligibility

Kev inclusion criteria

- 1. Patients of the Nordseeklinik
- 2. Funded by the Deutsche Rentenversicherung Rheinland
- 3. Patients who are older than 18

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

- 1. Patients who are younger than 18
- 2. Linguistic or intellectual deficits
- 3. Missing agreement

Date of first enrolment

01/07/2006

Date of final enrolment

31/05/2009

Locations

Countries of recruitment

Germany

Study participating centre

Bubertstr.4

Borkum Germany

26757

Sponsor information

Organisation

Refonet (Germany)

ROR

https://ror.org/04yeh2x21

Funder(s)

Funder type

Industry

Funder Name

Refonet (Germany)

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?
Study website	Study website	11/11/2025	11/11/2025	No	Yes