

# Can a brief cognitive intervention assist smokers in giving up?

|  |   |  |
|--|---|--|
| <b>Submission date</b><br>17/03/2008   | <b>Recruitment status</b><br>No longer recruiting             | <input checked="" type="checkbox"/> Prospectively registered |
|  |   | <input type="checkbox"/> Protocol                            |
| <b>Registration date</b><br>30/04/2008 | <b>Overall study status</b><br>Completed                      | <input type="checkbox"/> Statistical analysis plan           |
|  |   | <input checked="" type="checkbox"/> Results                  |
| <b>Last Edited</b><br>17/04/2019       | <b>Condition category</b><br>Mental and Behavioural Disorders | <input type="checkbox"/> Individual participant data         |

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Mr Mairtin McDermott

**Contact details**  
Health Psychology Section  
Department of Psychology  
King's College London  
5th Floor Bermondsey Wing  
Guy's Campus  
London  
United Kingdom  
SE1 9RT

## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Evaluation of the effectiveness of acceptance of the negative reinforcement explanation for smoking in facilitating smoking cessation: A cluster-randomised controlled trial

## **Study objectives**

Primary hypothesis:

Successful communication of the negative reinforcement explanation for smoking reduces the urge to smoke (thereby facilitating smoking cessation) (Hypothesis I).

Secondary hypotheses:

Three possible mechanisms for this effect are hypothesised:

Acceptance of the negative reinforcement explanation for smoking reduces the urge to smoke via:

1. Decreased negative outcome expectations about remaining abstinent from smoking (Hypothesis II)
2. Increased positive outcome expectations about remaining abstinent from smoking (Hypothesis III)
3. Increased self-efficacy to abstain from smoking (Hypothesis IV)

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Application will be submitted to the East London and the City Research Ethics Committee 1 for their May 2008 meeting.

## **Study design**

Single-centre two-group cluster-randomised controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Not Specified

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

Smoking cessation

## **Interventions**

Interventions:

Both experimental and control interventions will be delivered as the last part of the pre-quit group session (week two of a seven-week course). They will consist either of a 15-20 minute didactic presentation for the experimental intervention, or a 20 minute video for the control intervention. Both will be followed by ten minutes of discussion. One week later, again at the end of the standard group treatment session, this will be followed up by a 15-minute discussion of the previous week's session.

Experimental intervention:

The intervention communicates a set of ideas aimed at changing the way patients perceive the benefits of smoking and the post-quit withdrawal discomfort. It attempts to explain that in dependent smokers chronic smoking creates adaptation to nicotine. Withdrawal discomfort ensues in the absence of smoking. Smoking behaviour is largely driven by the desire to remove or avoid this unpleasant state. The apparently positive effects of smoking upon perceived stress, mood and concentration are primarily misattribution of the relief of withdrawal discomfort

experienced immediately after smoking a cigarette. The withdrawal discomfort and urges to smoke which follow smoking cessation weaken after a few weeks. However, complete abstinence is necessary to achieve this, as even a single cigarette can reinstate the need to carry on smoking.

In a task to be completed as homework before the second treatment session, participants would be asked to monitor their urge to smoke over a three-hour period of abstinence and complete a task card to record the increase in urge to smoke relative to the increasing period of abstinence, and the abrupt alleviation of the resulting tension after smoking.

#### **Control intervention:**

Participants will view a 19-minute DVD entitled Smoking and Human Physiology (AIMS Multimedia). The DVD details the adverse health consequences of smoking and will be followed by a discussion. The video does not cover any aspect of the cognitive intervention.

#### **Intervention Type**

Behavioural

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

Urges to smoke and withdrawal symptoms, assessed using the Mood & Physical Symptoms Scale (T2 and T3)

#### **Timepoints:**

T0: At baseline, immediately prior to the first intervention session

T1: Immediately following the first intervention session

T2: One week later, immediately following the second intervention session

T3: At follow-up one week following the second session

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

The following will be assessed by a 12-item questionnaire developed for the current research:

1. Participants' cognitions regarding the positive outcome expectations of smoking (T0, T1, T2, T3)
2. Expectations of the quitting process (T0, T1, T2, T3)
3. Self-efficacy (T0, T1, T2, T3)

#### **Timepoints:**

T0: At baseline, immediately prior to the first intervention session

T1: Immediately following the first intervention session

T2: One week later, immediately following the second intervention session

T3: At follow-up one week following the second session

#### **Completion date**

29/05/2009

## **Eligibility**

#### **Key inclusion criteria**

Participants must be attending for treatment at the NHS specialist smoking cessation clinic (SSCC) at The Royal London Hospital in East London. All clinic clients who provide informed consent and are able to fill in the study forms in English will be eligible.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

145

**Key exclusion criteria**

Unable to fill in the study forms in English.

**Date of first enrolment**

02/06/2008

**Date of final enrolment**

29/05/2009

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

United Kingdom

England

**Study participating centre**

King's College London

London

United Kingdom

SE1 9RT

**Sponsor information****Organisation**

Institute of Psychiatry, King's College London (UK)

**ROR**

<https://ror.org/0220mzb33>

# Funder(s)

## Funder type

Charity

## Funder Name

Cancer Research UK PhD studentship (ref: C4770/A7173)

# 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 | 21/02/2012   | 17/04/2019 | Yes            | No              |