

# Stop smoking with mobile phones

<b>Submission date</b> 17/04/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 12/06/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 07/07/2011	<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

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Caroline Free

### Contact details

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## Additional identifiers

### Protocol serial number

Protocol Version 1; G0601639

## Study information

### Scientific Title

### Acronym

TXT2STOP

**Study objectives**

TXT2STOP is a study for a trial of mobile phone text messaging as an aid to support smoking cessation in people in the UK.

The pilot study for this trial has been assigned to ISRCTN37111532 (see <http://www.controlled-trials.com/ISRCTN37111532>).

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethics approval received from the St Thomas' Hospital Research Ethics Committee on the 5th December 2006 (ref: 06/Q0702/169).

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Smoking

**Interventions**

The intervention group will be encouraged to set a quit date within 14 days of randomisation. Five messages per day will be sent in the first five weeks after randomisation.

The control group will receive fortnightly messages on the most well know health dangers of smoking.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Self reported abstinence at six months post randomisation. Verified by salivary cotinine testing using a cut-off of 7 ng/ml of cotinine.

**Key secondary outcome(s)**

1. At four weeks: point prevalence of smoking (as per National Health Service standard reporting)
2. At six months:
  - 2.1. 28-day continuous abstinence
  - 2.2. Involvement in any vehicle crashes (this is the only rare adverse health effects of using a mobile phone)

**Completion date**

29/03/2010

## Eligibility

**Key inclusion criteria**

1. Aged 16 years and over
2. Currently smoking cigarettes daily and interested in quitting
3. Owner of a mobile phone and familiar with text messaging capabilities
4. Able to provide informed consent to participate in the study

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

16 years

**Sex**

All

**Key exclusion criteria**

Does not match inclusion criteria

**Date of first enrolment**

30/03/2007

**Date of final enrolment**

29/03/2010

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Nutrition and Public Health Research Interventions Unit

London

United Kingdom

WC1E 7HT

# Sponsor information

## Organisation

London School of Hygiene and Tropical Medicine (UK)

## ROR

<https://ror.org/00a0jsq62>

# Funder(s)

## Funder type

Research council

## Funder Name

Medical Research Council (MRC) (UK) (Grant ref no.: G0601639)

## Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, MRC

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

United Kingdom

# 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	01/06/2010		Yes	No
<a href="#">Results article</a>	n results	02/07/2011		Yes	No
	Participant information sheet				

[Participant information sheet](#)

11/11/2025 11/11/2025 No

Yes

[Study website](#)

Study website

11/11/2025 11/11/2025 No

Yes