

Smoking reduction intervention for smokers not willing to quit smoking: a randomised controlled trial

Submission date 08/07/2008	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 25/07/2008	Overall study status Completed	☐ Protocol
Last Edited 11/06/2019	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

HHSRF 01030611

Study information

Scientific Title

Smoking reduction intervention for smokers not willing to quit smoking: a randomised controlled trial

Acronym

Smoking Reduction (SR) Project

Study objectives

1. The quit rate and the reduction rate are higher in the intervention groups than the control group
2. In the intervention groups, (a) the adherence rate to replacement therapy (NRT) and (b) the quit rate and the reduction rate are greater in those who have received additional adherence intervention than those who have not

Ethics approval required

Old ethics approval format

Ethics approval(s)

Institutional Review Board of the University of Hong Kong/ Hospital Authority, Hong Kong West Cluster. Date of approval: 29/05/2003 (ref: UW 03-103 T/103)

Primary study design

Interventional

Study design

Single-centre, randomised, single-blind, placebo-controlled study

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Smokers who have no intention to quit in the near future

Interventions

Intervention group 1: Face-to-face stage-matched smoking cessation counselling delivered by trained counsellors at initial contact, 1 week and 1 month with NRT adherence intervention

Intervention group 2: Face-to-face stage-matched smoking cessation counselling delivered by trained counsellors at initial contact, 1 week and 1 month without NRT adherence intervention

Control: A placebo healthy diet education material and usual care provided by the hospital

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Quit rate at 6 month follow-up
2. Reduction rate at 6 month follow-up
3. Adherence rate to NRT use at 4 weeks after the first use of NRT

Key secondary outcome(s)

1. Validated quit rates at 6 months
2. Quit rate at 1 month without validation
3. Self-reported use of NRT continuously for at least 4 weeks or 8 weeks
4. Number of quitting attempts made by the subject. Duration of follow-up: 6 months after the baseline visit

Completion date

30/07/2006

Eligibility**Key inclusion criteria**

1. Both males and females, age 18 or above
2. Ethnic Chinese
3. Smokes at least 2 cigarettes per day
4. Have no intention to quit in the near future
5. Intends to reduce smoking in the next 7 days
6. Has no contraindication to NRT

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Total final enrolment

1154

Key exclusion criteria

1. Subjects who are psychologically or physically unable to communicate
2. Children and teenagers (age below 18)
3. Pregnant or intention to become pregnant within the next 6 months
4. Those on regular psychotropic medications and in the presence of any serious health problems that may make them unsuitable for using NRT, such as recent stroke, palpitation, or other life threatening conditions

Date of first enrolment

25/10/2004

Date of final enrolment

30/07/2006

Locations

Countries of recruitment

China

Study participating centre

University of Hong Kong

Hong Kong

China

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Sponsor information

Organisation

Food and Health Bureau (China)

ROR

<https://ror.org/03qh32912>

Funder(s)

Funder type

Government

Funder Name

Health and Health Services Research Fund, Food and Health Bureau, Government of Hong Kong
Special Administrative Region (China) (grant ref: No. 01030611)

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?
Results article	results	01/06/2011	11/06/2019	Yes	No