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A brief intervention to prevent smoking relapse in cardiac patients: a randomised controlled trial

Submission date	Recruitment status	[_] Prospectively registered
23/01/2004	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
23/01/2004	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
17/09/2010	Circulatory System	

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
HB115

Study information

Scientific Title

Study objectives
This was a randomised controlled trial of a routinely deliverable, relapse-prevention intervention with cardiac in-patients who smoked prior to hospital admission. The question was whether a brief intervention designed to be implemented as a part of routine care on a national basis is feasible and powerful enough to make an impact on this hard-to-reach group in terms of continuous long-term biochemically validated abstinence.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Cardiovascular diseases: Heart disease

Interventions
1. Multimodal intervention included, in addition to the personal advice, a relapse prevention booklet, quiz about its contents, an offer to join a 'buddy' support system, signing a declaration of commitment not to smoke, and carbon monoxide monitoring.
2. Usual care

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Continuous abstinence for 6 weeks and 12 months, biochemically validated by expired air CO. The delivery of the various parts of the intervention was monitored.

Key secondary outcome(s))
Not provided at time of registration

Completion date
01/04/2000

Eligibility

Key inclusion criteria

1. 540 smokers hospitalised after myocardial infarction or cardiac bypass surgery
2. Current smokers or recent ex-smokers (defined as stopping smoking up to six months earlier) at the time of their hospital admission
3. Had not smoked at all since their hospital admission
4. Sufficiently recovered to receive the intervention,
5. No gross memory impairment
6. Under 76 years of age
7. Could read English
8. Motivated to remain abstinent from smoking after their discharge from the hospital

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Does not match inclusion criteria

Date of first enrolment
01/01/1996

Date of final enrolment
01/04/2000

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Psychology Section
London
United Kingdom
E1 2AD

Sponsor information

Organisation
Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

Funder(s)

Funder type
Government

Funder Name
NHS Cardiovascular Disease and Stroke National Research and Development Programme (UK)

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	12/01/2002		Yes	No