

Evaluation of the "Stop Tabac" Android phone application

Submission date 24/06/2015	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 02/07/2015	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 30/03/2016	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

The health issue studied here is stopping smoking (smoking cessation). Self-help methods for smoking cessation can be inexpensive methods that work well and can be made accessible to many people. New technologies can be used as self-help supports. We would like to test how well a new smoking cessation smartphone application called Stop-Tabac works at getting people to kick the habit.

Who can participate?

All adult smokers willing to use a phone application can participate to the study.

What does the study involve?

Participants are randomly allocated into one of two groups. Those in group 1 (intervention) receive the real smoking cessation smartphone application. Those in group 2 (control) receive a placebo (smartphone application with minimal content on stopping smoking). All participants are asked to complete online questionnaires at the start of the study, 3 months after the study starts and then at 6 months.

What are the possible benefits and risks of participating?

The benefits of participating in the study is the possibility of the participant receiving the real phone application, and the chance of taking part in a scientific research aimed at assisting smokers to stop smoking. The risks of participating in the study is that a participant may be assigned to the placebo phone application. However, the use of any other kind of smoking cessation aid is allowed during the study.

Where is the study run from?

Institute of Global Health, University of Geneva (Switzerland)

When is the study starting and how long is it expected to run for?

July 2015 to July 2016

Who is funding the study?

Tobacco Control Fund of the Swiss Federal Office of Public Health

Who is the main contact?
Mrs Céline Mavrot
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Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Study information

Scientific Title
Efficacy of a new smoking-cessation phone application : a randomized trial.

Study objectives
13.5% of the phone application users quit smoking after 6 months vs. 11% of the placebo phone application users quit smoking after 6 months

Ethics approval required
Old ethics approval format

Ethics approval(s)
The ethic board Kantonale Ethikkommission Bern (KEK) declared on 19/02/2015 that this study did not require an approval of the competent ethics commission (the KEK).

Study design
A two-group randomized controlled trial

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied

Smoking cessation

Interventions

1. Intervention group of the randomized trial: receives the real smoking cessation smartphone application
2. Control group of the randomized trial: receives a placebo smoking cessation smartphone application (minimal content)

Intervention Type

Device

Primary outcome(s)

Primary outcome: smoking/not smoking, measured by self-administrated online questionnaires, completed at baseline, after 3 months and after 6 months.

Key secondary outcome(s)

N/A

Completion date

17/05/2017

Eligibility

Key inclusion criteria

1. Adults (+18)
2. Smokers
3. Having approved the information and consent form
4. Willing to use the Android phone application

Participant type(s)

Other

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Minors (-18)
2. Non-smokers
3. Not approved the information and consent form
4. Not having an Android smartphone

Date of first enrolment

17/11/2015

Date of final enrolment

17/11/2016

Locations

Countries of recruitment

Switzerland

Study participating centre

Institute of Global Health, University of Geneva

9 Chemin des Mines

1211 Genève 20

Geneva

Switzerland

1211

Sponsor information

Organisation

Center of Competence for Public Management - University of Berne

ROR

<https://ror.org/02k7v4d05>

Funder(s)

Funder type

Government

Funder Name

Tobacco Control Fund of the Swiss Federal Office of Public Health

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available