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Cluster randomised controlled trial of expert system based on the transtheoretical ("stages of change") model for smoking prevention and cessation in schools

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
10/11/2022	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title
Cluster randomised controlled trial of expert system based on the transtheoretical ("stages of change") model for smoking prevention and cessation in schools

Study objectives
To examine whether a year long programme incorporating three sessions using an expert system computer programme and three whole class lessons based on the transtheoretical model (TTM) of behaviour change could reduce the prevalence of teenage smoking.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Mental and behavioural disorders: Addiction

Interventions
The intervention group received six sessions of two types: one computer session and one class lesson for each of the three terms of year 9 (autumn 1997 to summer 1998). For the computer session, the research team set up a classroom with about 30 computers and removed these at the end of the day. Whole classes came in turns and each student used a computer with headphones. The computer program was based on that developed by Prochaska and colleagues, containing questionnaires measuring the key concepts of the transtheoretical model. After each questionnaire students received feedback both through the headphones and on screen of how their temptations, for example, compared to stage based data collected by Pallonen et al (normative feedback) and in second and third sessions, what change had occurred since last time (ipsative feedback). The questionnaires were interspersed with video clips of young people talking about their thoughts about smoking that were relevant to the stage of change of the student concerned. The other transtheoretical model intervention was a one hour lesson delivered by ordinary class teachers. The teachers attended a two day training course organised by Public Management Associates, who had developed licensed training and lesson plans in consultation with Prochaska and colleagues. The three lessons developed the young people's understanding of the stages of change and how the pros and cons of smoking would vary in different stages, and the lessons got young people to use these concepts. More details of how we delivered the intervention are available.

Our aim for students in the control group was that they would be exposed to no intervention other than the normal health education on tobacco, which is part of the English national curriculum. However, as a reward for participation, teachers in control group schools were given three lesson plans and handouts on smoking. These lessons consisted of quizzes on facts about tobacco and one lesson on different ways of persuading someone to stop smoking. The content of the lessons was all taken from generally available teaching support material. The lesson plans

and materials were provided to all control group schools, but teachers in these schools received no training in smoking issues or delivery of the lessons and it was up to the individual schools whether or not they used the materials.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Prevalence of teenage smoking and proportion of positive stage movements 12 months after the start of the intervention.

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

Completion date
31/03/2000

Eligibility

Key inclusion criteria
52 schools in the West Midlands region.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Sex
Not Specified

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
01/09/1997

Date of final enrolment
31/03/2000

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Department of Public Health and Epidemiology
Birmingham
United Kingdom
B15 2TT

Sponsor information

Organisation
NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type
Government

Funder Name
NHS Executive West Midlands (UK)

Results and Publications

Individual participant data (IPD) sharing plan
Not provided at time of registration

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		09/10/1999		Yes	No
Results article	2 year follow up	01/10/2001		Yes	No
Other publications	Can the stages of change for smoking acquisition be measured reliably in adolescents?	01/10/2002		Yes	No

Other publications	The risk of smoking in relation to engagement with a school-based smoking intervention	01/02/2003	Yes	No