

# Effectiveness of the "Smoke-Free Class competition" in delaying the onset of smoking in adolescence: a cluster-randomised controlled trial (Germany)

<b>Submission date</b> 11/04/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/04/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 19/10/2012	<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

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## Additional identifiers

## Study information

**Scientific Title**

**Study objectives**

"Smoke-Free Class competition" (SFC) shows a preventive effect on knowledge on smoking, attitudes towards smoking, and smoking behaviour.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approved by state administration department of Saxony-Anhalt (Landesverwaltungsamt Sachsen-Anhalt) on the 31st August 2006 (ref: Reg.-Nr. 504-50/06).

### **Study design**

Prospective, cluster-randomised, controlled trial.

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

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

Smoking prevention

### **Interventions**

Since the intervention was planned to take place at the class level, schools were chosen as the unit of randomisation. Experimental schools would provide the SFC, while control schools would provide normal lessons.

Intervention - Be Smart Don't Start (the German version of the Smoke-Free Class Competition): Each participating class has to decide if they want to be a Smoke-free Class for a six month period from fall to spring. Classes monitor their (non-)smoking behaviour and report it to the teacher regularly. Classes, in which pupils refrain from smoking for this period of time participate in a prize draw.

Control - treatment as usual:  
Normal lessons.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

1. Knowledge on smoking consequences
2. Attitudes towards smoking
3. Intention to use tobacco
4. Smoking status

These will be measured at end of treatment, and at 12 and 18 months follow-up.

**Key secondary outcome(s)**

1. Class climate
2. Bullying

These will be measured at end of treatment, and at 12 and 18 months follow-up.

**Completion date**

01/03/2009

**Eligibility****Key inclusion criteria**

1. Students of public schools
2. Age between 11 and 15 (grades 6 to 8)
3. No prior participation at Be Smart Don't Start
4. No shutdown of school planned in near future

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

11 years

**Upper age limit**

15 years

**Sex**

All

**Key exclusion criteria**

1. Students of schools with special pedagogic needs
2. Students from schools currently conducting structured interventions against substance use
3. Missing parental consent

**Date of first enrolment**

15/10/2006

**Date of final enrolment**

01/03/2009

**Locations****Countries of recruitment**

Germany

**Study participating centre**  
Düsternbrooker Weg 2  
Kiel  
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24105

## Sponsor information

**Organisation**  
German Cancer Aid (Deutsche Krebshilfe) (Germany)

**ROR**  
<https://ror.org/01wxdd722>

## Funder(s)

**Funder type**  
Charity

**Funder Name**  
German Cancer Aid (Deutsche Krebshilfe) (Germany)

## 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	01/03/2010		Yes	No
<a href="#">Results article</a>	results	01/04/2012		Yes	No
<a href="#">Results article</a>	results	01/04/2012		Yes	No