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A randomised controlled trial of a nurse delivered stage-matched smoking cessation intervention to promote heart health of cardiac patients

Submission date
31/10/2007

Recruitment status
No longer recruiting

Registration date
06/11/2007

Overall study status
Completed

Last Edited
24/05/2012

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] 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

Study information

Scientific Title

Study objectives

The nurse delivered stage-matched smoking cessation intervention is to achieve a higher quit rate than the control among Chinese cardiac patients.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the New Territories West Cluster Clinical and Research Ethics Committee on the 14th October 2007 (ref: NTWC/CREC/325/04).

Primary study design
Interventional

Study design
A multicentre randomised single-blind placebo controlled study

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Smoking cessation

Interventions
Intervention: duration is 1 month with an initial face-to-face stage-matched smoking cessation counselling at the outpatient clinic (usually last for 2 - 30 minutes), and 10-minute telephone reminders at 1-week and 1-month, totalling in 40 - 50 minutes. The mean counselling times in the intervention group were 21.07 minutes at baseline, 12.70 minutes at 1-week follow up and 13.31 minutes at 1-month follow up.

Control: receive a healthy diet education manual from our study at the outpatient clinic after randomisation. The mean counselling time in the control group was 17.58 minutes.

Subjects in both groups received standard care after hospitalisation from the individual hospital which may be different from hospital to hospital. All the patients were followed up at 3-month, 6-month, and 12-month after initial contact and self-reported quitters were invited to participate in a urine cotinine test.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Continuous abstinence for one month at the time of 3, 6, and 12 month follow up.

Key secondary outcome(s)
1. Reduction in the number of cigarette smoked at 3, 6, and 12 months follow up
2. Progression to a higher stage of readiness to quit (5 stages: precontemplation, contemplation, preparation, action, maintenance) at 3, 6, and 12 months follow up

Completion date
31/12/2004

Eligibility

Key inclusion criteria
1. Patient who is admitted to the participating centres and is a current smoker who has smoked daily in the past 7 days prior to hospitalisation
2. Patient speaks and reads Cantonese/Chinese
3. Patient over 18 years, male or female

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Key exclusion criteria
1. Patient who is clinically too ill and not suitable to complete questionnaire and/or receive intervention
2. Patient who does not speak or read Chinese

Date of first enrolment
06/03/2002

Date of final enrolment
31/12/2004

Locations

Countries of recruitment
Hong Kong

Study participating centre
4/F, William MW Mong Block
Pokfulam
Hong Kong
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Sponsor information

Organisation
The Hong Kong Research Grants Council (RGC) (Hong Kong)

Funder(s)

Funder type
Government

Funder Name
The Hong Kong Research Grants Council (RGC) (Hong Kong) - Earmarked Research Grant 2001-2002 (ref. No: HKU 7224/01M)

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	01/04/2012		Yes	No