

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

<b>Submission date</b> 31/10/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 06/11/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 24/05/2012	<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**

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).

### **Study design**

A multicentre randomised single-blind placebo controlled study

### **Primary study design**

Interventional

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