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Stop Smoking with Mobile Phones: Pilot study

Submission date	Recruitment status	[ ] Prospectively registered
05/04/2006	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
13/06/2006	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
06/08/2010	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Study information

Scientific Title

Acronym
TXT2STOP

Study objectives

TXT2STOP is a pilot study for a trial of mobile phone text-messaging as an aid to support smoking cessation in young people in the UK.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethical approval given by London School of Hygiene and Tropical Medicine (LSHTM) as this is a single site pilot study, dated 24/10/2005, reference number: 3077

Primary study design
Interventional

Study design
Randomised controlled pilot study

Study type(s)
Treatment

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

Interventions
The intervention group will be encouraged to set a quit date within 14 days of randomisation. Five messages per day will be sent in the first five weeks after randomisation. The control group will receive fortnightly messages on the most well known health dangers of smoking.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Self-reported abstinence at six months post randomisation. Verified by salivary cotinine testing using a cut-off of 7 ng/ml of cotinine.

Key secondary outcome(s)
At four weeks: point prevalence of smoking (as per National Health Service [NHS] standard reporting).
At six months: 28-day continuous abstinence, involvement in any vehicle crashes (these are the only rare adverse health effects of using a mobile phone)

Completion date
30/09/2006

Eligibility

Key inclusion criteria

Aged 16 years and over, currently smoking cigarettes daily and interested in quitting, owner of a mobile phone and familiar with text messaging capabilities. Able to provide informed consent to participate in the study.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
16 Years

Sex
All

Key exclusion criteria
Does not match inclusion criteria

Date of first enrolment
18/04/2006

Date of final enrolment
30/09/2006

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Nutrition and Public Health Research Interventions Unit
London
United Kingdom
WC1E 7HT

Sponsor information

Organisation
London School of Hygiene and Tropical Medicine (LSHTM) (UK)

ROR
https://ror.org/00a0jsq62

Funder(s)

Funder type
Research council

Funder Name
Medical Research Council (MRC) (UK)

Alternative Name(s)
Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

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	01/04/2009		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes