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# Effectiveness of the "Smoke-Free Class Competition" (SFC) in delaying the onset of smoking in Polish students: a cluster-randomized controlled trial

**Submission date**
18/12/2007

**Recruitment status**
No longer recruiting

**Registration date**
14/01/2008

**Overall study status**
Completed

**Last Edited**
28/05/2008

**Condition category**
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

**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**
SFC shows a preventive effect on knowledge, attitudes and smoking behaviour

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Bioethics Commission of the University of Medical Sciences in Poznan, Poland. Date of approval: 15 May 2008 (ref: 511/08)

## Primary study design
Interventional

## Study design
Prospective, cluster-randomized, controlled trial.

## Study type(s)
Prevention

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

## Interventions
Participating schools will be randomised to the intervention and control groups.

Intervention group: "Smoke-Free Class Competition" ("Współzawodnictwo Klasa Wolna od Dymu")
Control group: Treatment as usual

Description of the intervention: 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.

## Intervention Type
Other

## Phase
Not Specified

## Primary outcome(s)
The following will be assessed by questionnaires at the end of intervention and at 12- and 18-month follow-up:
1. Knowledge on smoking consequences
2. Attitudes towards smoking
3. Intention to use tobacco
4. Smoking status

## Key secondary outcome(s)
The following will be assessed by questionnaires at the end of intervention and at 12- and 18-month follow-up:
1. Class climate
2. Bullying

**Completion date**
31/12/2009

# Eligibility

**Key inclusion criteria**
1. Students of public schools
2. Age between 1013 years old (10 year on the beginning of the study, 4th grade)
3. Written consent of parents

**Participant type(s)**
Patient

**Healthy volunteers allowed**
No

**Age group**
Child

**Lower age limit**
10 Years

**Upper age limit**
13 Years

**Sex**
All

**Key exclusion criteria**
1. Students of schools with special pedagogic needs
2. Missing parental consent

**Date of first enrolment**
15/10/2007

**Date of final enrolment**
31/12/2009

# Locations

**Countries of recruitment**
Germany

Poland

**Study participating centre**
**Institute for Therapy and Health Research (IFT- Nord)**
Kiel

Germany
24105

# Sponsor information

**Organisation**
European Commission

**ROR**
https://ror.org/00k4n6c32

# Funder(s)

**Funder type**
Other

**Funder Name**
European Commission

**Alternative Name(s)**
European Union, Comisión Europea, Europäische Kommission, EU-Kommissionen, Euroopa Komisjoni, EC, EU

**Funding Body Type**
Government organisation

**Funding Body Subtype**
National government

**Location**

# Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**