

# Behavior change intervention design to control vaping and tobacco use in secondary students in As Seeb

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<b>Registration date</b> 22/04/2025	<b>Overall study status</b> Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 22/04/2025	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

This research project aims to understand how many grade 11 students in Muscat, Oman, use tobacco and vape, and what factors influence these behaviors. It also aims to test a school-based program designed to help students quit smoking.

### Who can participate?

Grade 11 students from schools in A Seeb area of Muscat can participate in the first part of the study. Students identified as smokers from the first part will be invited to participate in the second part.

### What does the study involve?

In the first part, students will take part in face-to-face interviews conducted by school health nurses using a survey from the World Health Organization. In the second part, students who smoke will receive monthly counseling sessions for four months to help them quit smoking.

What are the possible benefits and risks of participating? Participants may benefit from gaining a better understanding of their smoking habits and receiving support to quit smoking. There are minimal risks involved, mainly related to the time commitment for the interviews and counseling sessions.

### Where is the study run from?

Ministry of Health, Oman

### When is the study starting and how long is it expected to run for?

March 2025 to September 2027

### Who is funding the study?

Ministry of Health, Oman

Who is the main contact?

Dr Thamra Alghafri, thamra74@yahoo.com

## Contact information

### Type(s)

Public, Scientific, Principal investigator

### Contact name

Dr Thamra Al Ghafri

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### Protocol serial number

Nil known

## Study information

### Scientific Title

Behavior change intervention design to control vaping and tobacco use in secondary students in As Seeb area: a pre-post intervention study

### Study objectives

Is Motivational Interviewing counselling effective in helping high school students to quit tobacco use including vaping?

### Ethics approval required

Ethics approval required

### Ethics approval(s)

submitted 12/03/2025, Research Ethics Committee in Sultan Qaboos University (The Dean's Office P.o. Box 20; Al Khodh Postal Code 123, Muscat, 123, Oman; +968 2443407; t.alghafri@squ.edu.om), ref: -

## **Study design**

Interventional non randomized

## **Primary study design**

Interventional

## **Study type(s)**

Other

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

Motivational Interviewing counselling for smoking cessation

## **Interventions**

For study 1: a cross-sectional study in which structured face-to-face interview (survey) will be conducted by trained school health nurses utilizing the World Health Organization (WHO) Global Youth Tobacco Survey (GYTS) questionnaire, including data on the demographics, behavioral intentions, attitudes, subjective norms and perceived behavioral control on smoking (constructs of the Theory of Planned Behavior - TPB). A representative sample (n=886) from all schools of A Seeb area in Muscat, the capital of Oman, will be included (12 x schools). Logistic regression models will be done to determine factors associated with tobacco use and change in the constructs of the TPB. A team from the Ministry of Health and Education will be trained on project objectives, measurement tools, recruitment procedures, and data collection.

For study 2, a pilot quasi-experimental single arm pre- and post-study will be used (n=28, students identified as smokers from study 1). School health nurses (n=12) will be trained to deliver the behavior change intervention monthly for 4 months. School nurses will deliver monthly school-based interventions to the students over 4 months. The monthly intervention is composed of a 30-40 minutes counselling session guided by Motivational Interviewing (MI) strategies widely used for adolescent smoking cessation. Motivational interviewing (MI) is a brief, client-centered approach focused on resolving doubts regarding quitting and increasing self-efficacy for change.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Tobacco use behaviour will be assessed using GYTS WHO constructs before and after the intervention.

## **Key secondary outcome(s)**

There are no secondary outcome measures

## **Completion date**

01/09/2027

## **Eligibility**

### **Key inclusion criteria**

A sample of grade 11 students in 13 secondary schools in A Seeb area in Muscat region will be included. All students willing to participate in an interview based one to one interview will be included.

**Participant type(s)**

Learner/student

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

15 years

**Upper age limit**

18 years

**Sex**

All

**Key exclusion criteria**

Not willing to participate

**Date of first enrolment**

01/10/2025

**Date of final enrolment**

28/10/2025

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

Oman

**Study participating centre**

Sultan Qaboos University, Ministry of higher education, research and innovation, Ministry of health and ministry of education

The Dean's Office P.o. Box 20; Al Khodh

Muscat

Oman

123

**Sponsor information**

**Organisation**

Ministry of Health

**ROR**

<https://ror.org/0362za439>

**Funder(s)****Funder type**

Government

**Funder Name**

Oman Ministry of Health

**Results and Publications****Individual participant data (IPD) sharing plan**

Anonymized individual participant data can be made available upon request to the Principal Investigator, subject to approvals from the Ministry of Education and the Ministry of Health  
thamra74@yahoo.com

**IPD sharing plan summary**

Available on request