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

Submission date 04/04/2025	**Recruitment status** No longer recruiting	[X] Prospectively registered [_] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [_] Record updated in last year
Registration date 22/04/2025	**Overall study status** Ongoing	
Last Edited 22/04/2025	**Condition category** Other	

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?
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Contact information

Type(s)
Public, Scientific, Principal investigator

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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: -

Primary study design
Interventional

Study design
Interventional non randomized

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