

The efficacy of e-cigarettes compared with nicotine replacement therapy, when used within the UK stop smoking service

Submission date 02/04/2015	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 07/04/2015	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 24/06/2025	Condition category Mental and Behavioural Disorders	<input checked="" type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

<http://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/a-trial-comparing-electronic-cigarettes-with-nicotine-replacement-therapy-to-stop-smoking-tec>

Contact information

Type(s)

Public

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Additional identifiers

Protocol serial number

HTA 12/167/135

Study information

Scientific Title

A randomised controlled trial to examine the efficacy of e-cigarettes compared with nicotine replacement therapy, when used within the UK stop smoking service

Acronym

TEC (Trial of Electronic Cigarettes)

Study objectives

To determine the 12-month sustained biochemically validated abstinence rates in smokers using electronic cigarettes (EC) compared to smokers using standard nicotine replacement therapy (NRT).

More details can be found at <http://www.nets.nihr.ac.uk/projects/hta/12167135>

Ethics approval required

Old ethics approval format

Ethics approval(s)

NRES Committee London Camden & Islington, 14/LO/2235, 19/12/2014

Study design

Multicentre pragmatic randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Smoking cessation

Interventions

Smokers who want help to quit smoking will be individually randomised to receive usual care (UC; a choice of NRT combined with usual care behavioural support provided by a Stop Smoking Service) or EC with the same behavioural support.

Intervention Type

Device

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Electronic cigarettes, nicotine replacement therapy

Primary outcome(s)

Carbon monoxide (CO) validated sustained abstinence rates at 52 weeks post-target quit date (TQD)

Key secondary outcome(s)

1. CO validated sustained abstinence rates at 4 and 24 weeks post-TQD
2. 7-day point prevalence abstinence at 4, 24 and 52 weeks
3. Smoking reduction in participants who did not achieve full abstinence
4. Treatment ratings
5. Adverse reactions
6. Cost-efficacy of the interventions

Completion date

31/03/2018

Eligibility

Key inclusion criteria

1. Aged 18 or over
2. Current smoker accessing the stop smoking service
3. Able to read/write/understand English

Participant type(s)

Other

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Total final enrolment

886

Key exclusion criteria

1. Pregnant or breastfeeding
2. Strong preference to use or not to use NRT or EC in their quit attempt
3. Enrolled in other interventional research
4. Currently using NRT or EC

Date of first enrolment

15/04/2015

Date of final enrolment

01/12/2016

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Queen Mary University of London

United Kingdom

E1 4NS

Study participating centre

Leicester Stop Smoking Service

United Kingdom

LE1 6TH

Study participating centre

East Sussex Stop Smoking Service

United Kingdom

TN38 9UH

Sponsor information

Organisation

Queen Mary University of London (QMUL)

ROR

<https://ror.org/026zzn846>

Funder(s)

Funder type

Government

Funder Name

Health Technology Assessment Programme

Alternative Name(s)

NIHR Health Technology Assessment Programme, Health Technology Assessment (HTA), HTA

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

Not provided at time of registration

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	14/02/2019		Yes	No
Results article	results	01/08/2019	23/08/2019	Yes	No
Results article	Costs effectiveness	04/12/2019	24/06/2025	Yes	No
HRA research summary			28/06/2023	No	No
Plain English results			25/02/2020	No	Yes
Protocol file	version 3.0	08/04/2015	18/08/2022	No	No
Statistical Analysis Plan	version 1.0	08/01/2018	18/08/2022	No	No