

Evaluation of the effect of a follow-up program for SMO cessation courses during in-patient REHAbilitation treatment

Submission date 10/08/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 04/01/2007	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 04/01/2007	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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

Acronym
ESMOREHA

Study objectives

1. Patients who complete intensive follow-up programs more frequently quit or reduce their smoking than those without such an intervention.
2. The smoking cessation program in Borkum is at least as successful as comparable programs.
3. The quit date method leads to a higher long-term outcome relative to nicotine abstinence.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee of the Medical Association of Lower Saxony Germany, approval received on the 22nd September 2005.

Study design

Monocentric, prospective, randomised controlled study.

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Smoking addiction

Interventions

Follow-up reminder calls and refresher courses for 12 months versus care as usual.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Reduction of the risk of nicotine-associated illness.

Key secondary outcome(s)

1. Quality of life improvement
2. Reduction in direct and indirect costs

Completion date

31/05/2009

Eligibility

Key inclusion criteria

1. Patients of the Nordseeklinik
2. Funded by the Deutsche Rentenversicherung Rheinland
3. Patients who are older than 18

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Patients who are younger than 18
2. Linguistic or intellectual deficits
3. Missing agreement

Date of first enrolment

01/07/2006

Date of final enrolment

31/05/2009

Locations**Countries of recruitment**

Germany

Study participating centre

Bubertstr.4

Borkum

Germany

26757

Sponsor information**Organisation**

Refonet (Germany)

ROR

<https://ror.org/04yeh2x21>

Funder(s)

Funder type

Industry

Funder Name

Refonet (Germany)

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?
Study website	Study website	11/11/2025	11/11/2025	No	Yes