

# Periodontal Intervention for Smoking cessation (PARIS): Combining individual-based smoking cessation counseling, pharmacotherapy, and dental hygiene intervention

<b>Submission date</b> 01/02/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 10/03/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 22/02/2013	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Prof Jacques Cornuz

### Contact details

Dept Ambulatory Care and Community Medicine  
Lausanne University Hospital  
44, Bugnon Avenue  
Lausanne  
Switzerland  
1011

## Additional identifiers

## Study information

### Scientific Title

A pilot study combining individual-based smoking cessation counseling, pharmacotherapy, and dental hygiene intervention

**Acronym**

PARIS

**Study objectives**

The present study assessed the feasibility and acceptability of integrating dentists in a medical smoking cessation intervention.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

The Lausanne University ethics committee approved on the 2nd of October 2007 (ref: 230/07)

**Study design**

A non-controlled feasibility pilot study

**Primary study design**

Interventional

**Study type(s)**

Other

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

Tobacco Use Prevention

**Interventions**

Smokers willing to quit underwent an 8-week smoking cessation intervention combining individual-based counseling and nicotine replacement therapy and/or bupropion, provided by a general internist. In addition, a dentist provided a dental exam combined with oral hygiene treatment and information about chronic effects of smoking on oral health during two visits, at week 1 and week 2.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Feasibility and acceptability of the dentist intervention, assessed by a hetero-administered questionnaire for the patient at 8 weeks.

**Key secondary outcome(s)**

1. Smoking cessation rates, assessed by hetero-administered questionnaire and carbon monoxide expiration test at 8 weeks and 6 months.
2. Changes in orodental status, assessed by an oro-dental exam by the dentist at the 2nd visit

**Completion date**

01/01/2009

# Eligibility

## Key inclusion criteria

1. Age between 18 and 70
2. Currently smoking for  $\geq 3$  years at least 10 cig./day
3. Motivation to quit smoking of 6/10 or more on the Likert Scale (from 0 to 10)

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Sex

All

## Key exclusion criteria

1. Current pharmacological use to quit smoking
2. Presence of an unstable or life-threatening medical condition
3. Current psychiatric illness
4. At risk alcohol consumption
5. Illegal drug consumption, such as cannabis
6. Meets American Heart Association's criteria for antibiotic-prophylaxis before dental intervention (Wilson, et al., 2007)
7. Long-term bisphosphonate treatment
8. Recent oral hygiene intervention (< 6 months)

## Date of first enrolment

01/10/2007

## Date of final enrolment

01/01/2009

# Locations

## Countries of recruitment

Switzerland

## Study participating centre

Dept Ambulatory Care and Community Medicine  
Lausanne  
Switzerland  
1011

## Sponsor information

### Organisation

Swiss Tobacco Prevention Fund (Switzerland)

### ROR

<https://ror.org/01qtc5416>

## Funder(s)

### Funder type

Government

### Funder Name

Swiss Tobacco Prevention Fund (Switzerland)

### Funder Name

Federal Office for Public Health (Office Fédéral de la Santé Publique [OFSP]) (Switzerland) -  
Smoking Prevention Fund (Fonds de prévention du tabagisme)

## 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?
<a href="#">Results article</a>	results	17/06/2010		Yes	No