ISRCTN74423766 https://doi.org/10.1186/ISRCTN74423766

Effectiveness of an online smoking cessation self-help intervention. A randomized clinical trial.

Submission date
12/09/2005

Recruitment status
No longer recruiting

Registration date
12/09/2005

Overall study status
Completed

Last Edited
28/01/2009

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[X] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Ms Jeannet Kramer

Contact details
Trimbos Institute - The Netherlands Institute for Mental Health and Addiction
Centre for Prevention and Brief Intervention
P.O. Box 725
Utrecht
Netherlands
3500 AS
+31 (0)30 2959380
jkramer@trimbos.nl

Additional identifiers

Study information

Scientific Title

Study objectives

Compared to an online smoking cessation brochure, does participation in an online self-help smoking cessation program lead to:
1. A greater percentage successful quitters, three and six months after the start of the intervention
2. A greater percentage of quitting attempts

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Smoking cessation

Interventions
The online self-help smoking cessation program consists of three components:
1. Smoking cessation module containing exercises which are based on cognitive behavioural therapy
2. Discussion forum
3. State-of-the art information and tips about smoking cessation.

The control group gets access to an online smoking cessation brochure ('Quit smoking: why and how') which advises on smoking cessation and gives information about withdrawal symptoms.
Each intervention can be used in accordance with their needs.
Both interventions are developed by STIVORO.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Abstinence
2. Smoking in the last 7 days (point prevalence)
3. Incidence of quitting attempts of 24 hours or longer

Key secondary outcome(s)
1. Decrease of the daily cigarette consumption
2. Number of quitting attempts of 24 hours or longer
3. Stage transition in the stage-of-change (motivational stage)

Completion date
31/07/2007

Eligibility

Key inclusion criteria
1. Patients that are 18 years or older
2. Currently smoking cigarettes or rolling tobacco
3. Intend to quit smoking within a month
4. Have access to the Internet

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
Not Specified

Key exclusion criteria
1. Patients that do not meet the inclusion criteria
2. Are already preparing a quitting attempt with the help of a counsellor or course
3. Are already preparing a quitting attempt with help of pharmacotherapy
4. Are involved in another (experimental) study with an interfering design or interfering goals

Date of first enrolment
01/08/2005

Date of final enrolment
31/07/2007

Locations

Countries of recruitment
Netherlands

Study participating centre

Trimbos Institute - The Netherlands Institute for Mental Health and Addiction
Utrecht
Netherlands
3500 AS

Sponsor information

Organisation
Trimbos Institute (The Netherlands)

ROR
https://ror.org/02amggm23

Funder(s)

Funder type
Research council

Funder Name
ZON-MW, The Netherlands Organization for Health Research and Development

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?
Protocol article	protocol	22/01/2009		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes