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The Smoking and Alcohol Toolkit Study: Home-based interviews and questionnaires to provide insights into current alcohol and tobacco use in people aged over 16 years in Scotland and Wales

Submission date	**Recruitment status**	[X] Prospectively registered
17/02/2020	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
30/03/2020	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
19/03/2024	Other	

Plain English summary of protocol

Background and study aims

Smoking nicotine products and/or drinking alcohol can lead to diseases like diabetes, heart disease or stroke, amongst others, which otherwise could be avoided. Products like these are promoted heavily by international companies in a way that aims to increase the likelihood of people buying and consuming more of them than they should. By regularly collecting information over a long period of time about how often, how much and whether people are trying to stop (or have stopped) consuming these products, we can begin to understand how many people are at risk of being affected by avoidable diseases known as non-communicable diseases. By studying this information along with other details about individuals such as their age, employment status and where they live, we hope to be able to suggest better ways for policy makers to assist them to reduce or stop consuming these products and so avoid harm to their health.

Who can participate?

There is no open recruitment in the Smoking and Alcohol Toolkit Study. Participants in the research will be identified and contacted via IPSOS Mori. They will answer questions regarding their tobacco and alcohol use. No advice or recommendations will be provided to participants.

What does the study involve?

Each month Ipsos Mori will conduct 30-min home-based interviews using a tablet computer. Participants will be asked about their alcohol and tobacco use and about their attempts to reduce or stop their alcohol and tobacco consumption.

What are the possible benefits and risks of participating?

There are no personal or immediate benefits or risks related to participation.

Where is the study run from?
The Smoking and Alcohol Toolkit Studies are led by University College London (UK). The overall project is called SPECTRUM, whose headquarters are at the University of Edinburgh (UK).

When is the study starting and how long is it expected to run for?
June 2019 to March 2024

Who is funding the study?
UK Prevention Research Partnership (UKPRP)

Who is the main contact?
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Scientific

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Additional identifiers

Central Portfolio Management System (CPMS)

44840

Study information

Scientific Title
Shaping Public Health Policies to Reduce Inequalities and Harm: Developing and integrating new data sources to inform action

Acronym
SPECTRUM

Study objectives
The SPECTRUM consortium aims to generate new evidence to inform the prevention of non-communicable diseases (NCDs) caused by unhealthy commodities in the UK and beyond. Through developing research in partnership with an extensive network of key organisations and the public, our vision is to transform policy and practice to encourage the adoption of healthy environments and behaviours.

With a principal focus on tobacco and alcohol, two leading preventable causes of NCDs driven by unhealthy commodity producers, our work will extend as SPECTRUM develops to encompass other commercially driven diseases and harms. Our research will be coordinated through eight integrated Work Packages (WPs) focusing on:
1. Using systems to understand determinants and address harms
2. Addressing corporate conduct and influence
3. Developing and integrating new data sources to inform action
4. Conducting economic analysis to inform policy and practice
5. Shaping the environment to change behaviour and prevent harm
6. Evaluating the effectiveness of policies and natural experiments
7. Reducing inequalities including mental health
8. Building governance for health equity

Each WP will involve empirical research underpinned by the systems approaches developed in WP1 and 2.

SPECTRUM brings together a multi-disciplinary team of leading researchers from ten universities; the main NGO, professional and policy groups working on tobacco and alcohol in the UK, including many with a focus on inequalities and wider determinants of health; industry partners contributing new data and methods; and an independent advisory board of international experts. We will ensure that the public play a key role in our work through established engagement methods and new approaches such as citizens' juries. The proposed research programme will also inform prevention efforts internationally, through our extensive global networks including in low and middle-income countries, where commercially-driven NCDs are primary threats to future global health.

The objective of this study is to expand detailed monthly surveillance of smoking and alcohol consumption from England across Great Britain. The establishment of the data source is exploratory. Individual studies that plan to make use of the data source will be pre-registered.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 26/06/2019, University College London Ethics Committee (Office of the Vice-Provost (Research), University College London, 2 Taviton St, London, WC1E 6BT; +44 (0)20 7679 8717; ethics@ucl.ac.uk), ref: 2808/005

Primary study design
Observational

Study design
Non-randomized; Observational; Design type: Cross-sectional

Study type(s)
Other

Health condition(s) or problem(s) studied
Alcohol and tobacco use

Interventions
There is no open recruitment in the Smoking and Alcohol Toolkit Study. Participants in the research will be identified and contacted via IPSOS Mori. Each month Ipsos Mori will conduct 30-min home-based interviews using a tablet computer with 450-600 adults in Wales and 600-800 adults in Scotland, in addition to the ~1700 adults currently interviewed in England. Each monthly sample is designed to be representative of the population of England, Wales and Scotland aged 16+, using an established and verified methodology based on random selection of small areas of ~250 households. Sexes will be sampled equally to represent the population of Great Britain. Participants will answer questions regarding their tobacco and alcohol use. No advice or recommendations will be provided to participants.

Intervention Type
Behavioural

Primary outcome(s)
1. Type of alcohol consumed and frequency of use
2. Type of nicotine product consumed and frequency of use

Key secondary outcome(s)
1. Amount paid per week for cigarettes
2. Amount paid per week for tobacco
3. Amount paid per week for alcohol
4. Motivation to stop smoking
5. Motivation to stop drinking
6. Rate at which people are trying to stop unhealthy behaviours
7. Triggers for quit attempts
8. Receipt of advice to stop smoking or drinking from health professionals
9. Methods used in quit attempts
10. Success of quit attempts
11. Prevalence of attempts to reduce smoking or drinking
12. Use of aids to smoking reduction (particularly nicotine products)
13. Use of nicotine products in situations of enforced temporary abstinence

Completion date

18/03/2024

Eligibility

Key inclusion criteria
1. Adults aged 16 years or over
2. Able to communicate in English
3. Resident in Scotland or Wales.

Participant type(s)
All

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
16 Years

Sex
All

Total final enrolment
27925

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
01/06/2020

Date of final enrolment
18/03/2024

Locations

Countries of recruitment
United Kingdom

Scotland

Study participating centre
Usher Institute
Old Medical School
University of Edinburgh
Teviot Place

Edinburgh
United Kingdom
EH8 9AG

Sponsor information

Organisation
University of Edinburgh

ROR
https://ror.org/01nrxwf90

Funder(s)

Funder type
Other

Funder Name
UK Prevention Research Partnership (UKPRP)

Results and Publications

Individual participant data (IPD) sharing plan
The investigators subscribe to the principles embodied in the Open Science Framework and commit to routinely providing data sets and analysis scripts for all published work (which will be provided on Open Science Framework: https://osf.io/) wherever feasible to do so.

The investigators commit to sharing the complete dataset collected for Smoking and Alcohol Toolkit Studies in Scotland and Wales 1 year after the end of the consortium on Open Science Framework and UCL's institutional repository for at least 10 years to those who complete a data access application form.

During the life of the SPECTRUM consortium, the investigators will also make complete datasets including as yet unpublished data available on request on a case-by-case basis given the need to co-ordinate activities of different research groups. Following a request, to ensure that data will be used appropriately, they will ask for a data sharing agreement and conflicts of interest statement to be completed. Jamie Brown, with the support of the wider management group, will review requests for data sharing on a case-by-case basis in view of the overall aims of the ongoing research priorities within the current funding proposal, integrity of the request and viability of the proposed use of data as outlined in the data sharing agreement.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		12/03/2024	19/03/2024	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes