

Stop smoking with mobile phones

Submission date 17/04/2007	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 12/06/2007	Overall study status Completed	☐ Protocol
Last Edited 07/07/2011	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

Protocol Version 1; G0601639

Study information

Scientific Title

Acronym

TXT2STOP

Study objectives

TXT2STOP is a study for a trial of mobile phone text messaging as an aid to support smoking cessation in people in the UK.

The pilot study for this trial has been assigned to ISRCTN37111532 (see <http://www.controlled-trials.com/ISRCTN37111532>).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the St Thomas' Hospital Research Ethics Committee on the 5th December 2006 (ref: 06/Q0702/169).

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Smoking

Interventions

The intervention group will be encouraged to set a quit date within 14 days of randomisation. Five messages per day will be sent in the first five weeks after randomisation.

The control group will receive fortnightly messages on the most well know health dangers of smoking.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Self reported abstinence at six months post randomisation. Verified by salivary cotinine testing using a cut-off of 7 ng/ml of cotinine.

Key secondary outcome(s)

1. At four weeks: point prevalence of smoking (as per National Health Service standard reporting)
2. At six months:
 - 2.1. 28-day continuous abstinence
 - 2.2. Involvement in any vehicle crashes (this is the only rare adverse health effects of using a mobile phone)

Completion date

29/03/2010

Eligibility

Key inclusion criteria

1. Aged 16 years and over
2. Currently smoking cigarettes daily and interested in quitting
3. Owner of a mobile phone and familiar with text messaging capabilities
4. Able to provide informed consent to participate in the study

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

16 Years

Sex

All

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

30/03/2007

Date of final enrolment

29/03/2010

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Nutrition and Public Health Research Interventions Unit

London

United Kingdom

WC1E 7HT

Sponsor information

Organisation

London School of Hygiene and Tropical Medicine (UK)

ROR

<https://ror.org/00a0jsq62>

Funder(s)

Funder type

Research council

Funder Name

Medical Research Council (MRC) (UK) (Grant ref no.: G0601639)

Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

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?
Results article	results	01/06/2010		Yes	No
Results article	n results	02/07/2011		Yes	No

Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes