

UCL DEPARTMENT OF PRIMARY CARE
AND POPULATION SCIENCES



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NEWSLETTER

Aim of Start2quit:

Start2quit is a randomised control trial which aims to increase uptake of NHS Smoking Cessation Services using personal targeted risk information and taster sessions.

**Dec
2011**

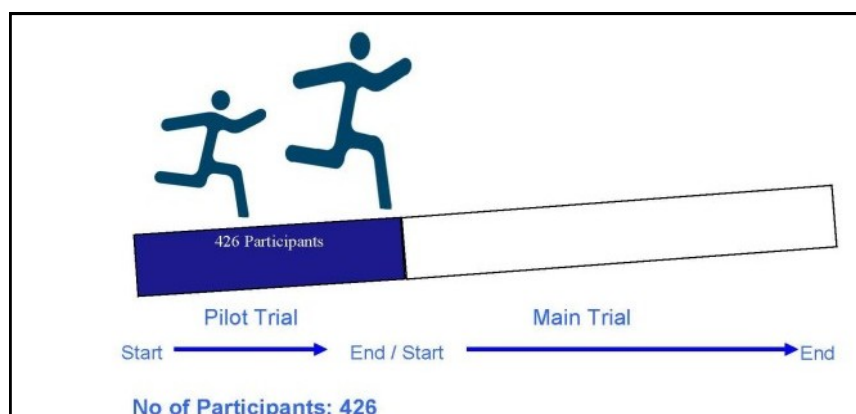
Pilot Phase

During the Pilot Phase we recruited 7 GP practices across Camden and Oxfordshire PCTs. Of the 7,792 smokers that were invited, 426 smokers were randomised and took part in the pilot phase of the study.

We are now completing the 6-month telephone follow-up interview phase with all participants and currently 70% of participants have completed follow-up interviews.

In conjunction with Camden and Oxfordshire Stop Smoking Service (SSS) advisors, we are currently in the process of validating the following outcome measures:

- the proportion of people entering the smoking cessation service (i.e. attending the first session of a 6-week course) over a period of 6 months from the date of randomisation.
- 7-day point prevalent abstinence at the 6-month follow-up, validated by salivary cotinine for all participants reporting abstinence in both the intervention and control groups.



NIHR Health Technology
Assessment programme
funded project



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Transition to Main Trial

We have begun recruiting Stop Smoking Services throughout England. Stop Smoking Services from Eastern and Coastal Kent Community Health NHS Trust and NHS Medway have agreed to take part in the project. We are now in the process of recruiting GP practices in these areas in preparation for the main trial.

We are also in initial discussions with various other Stop Smoking Services in England and plan to recruit a total of 10 Stop Smoking Services throughout the next year.

The Start2quit Research team would like to thank the NHS Stop Smoking Services and GP Practices in Camden and Oxfordshire for their participation in the Start2quit pilot phase and wish you all a very Happy Christmas and New Year!



For questions, concerns, or suggestions, please contact:
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