

APRU Global Health Conference 2021

GLOBAL URBAN HEALTH

16-18 November 2021

The University of Hong Kong, Pokfulam, Hong Kong

Abstract No. 122 The Resilience Interventions For Smoking Cessation ('RISC') Study: A Randomized Controlled Trial Protocol

Theme
Non-communicable
diseases

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Purpose / Background:

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- Cigarette smoking prevalence in low socio-economic status (SES) populations remains high. A study undertaken with this population in 2019, reached consensus that interventions based on mindfulness-training and setting realistic goals were socially appropriate and feasible. This finding informed the development of the RISC study: an 18-month parallel-group RCT design examining the effectiveness and health-cost benefits of interventions to enhance resilience and smoking cessation.
- **Primary outcome:** Quit smoking as defined by continued smoking cessation for at least 14 days. Primary outcome timepoint is 26 weeks. Subsequent timepoints will measure maintenance of quit outcome.
- **Secondary outcomes:** 1.) internal and external resilience, self-efficacy, motivation and stress; 2.) cost-effectiveness using EQ-5D-5L; 3.) Fagerstrom test for nicotine dependency.
- This Australia-wide RCT is being delivered completely online and is targeted to low SES populations who meet the following inclusion criteria:
 - adults currently smoking 1 or more cigarettes/day for 2 years or more who are planning to quit;
 - household income \leq AUD\$457/adult/week or receiving Australian government social security benefits;
 - access to a smartphone and internet.

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Methods:

- The study is applying principles of the Behaviour Change Wheel Framework and the **Psychosocial interactive model of resilience**, presented in Figure 1.
- This model of resilience has been previously used as a theoretical framework to explain how drawing on resources and assets embedded in an individual's social environment (external resilience) can help activate internal resilience to augment self-esteem, self-confidence, motivation, and self-efficacy in relation to smoking cessation; and to change to a non-smoking self-identity.

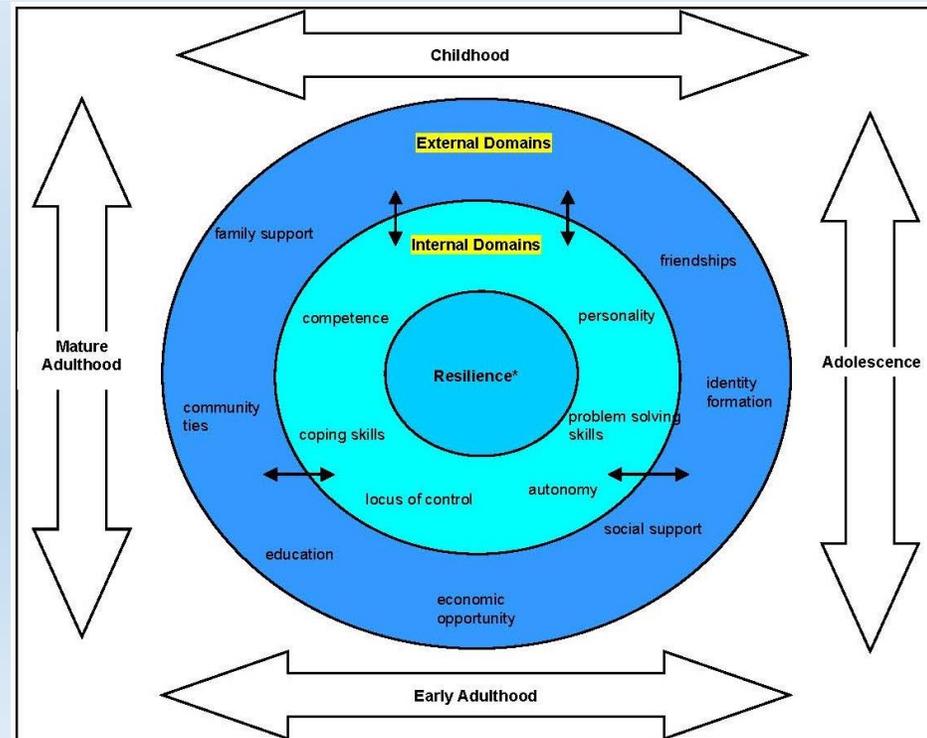


Figure 1: Psychosocial interactive model of resilience

Ward PR, Muller R, Tsourtos G, Hersh D, Lawn S, Winefield AH, Coveney J. Additive and subtractive resilience strategies as enablers of biographical reinvention: a qualitative study of ex-smokers and never-smokers. *Soc Sci Med.* 2011 Apr;72(7):1140-8.

- Once consented, participants are randomised to one of four groups:
 - 1.) 'MiCBT': Mindfulness-integrated CBT plus peer-support;
 - 2.) 'MT': Mindfulness Training plus peer-support;
 - 3.) 'SRG': Setting Realistic Goals plus peer-support;
 - 4.) Control.
- This study comprises 3 distinct phases for intervention group participants:
 - Phase 1 (Months 0-6): Eight small group sessions led by facilitators;
 - Phase 2 (Months 7-12): Interactive peer mentor support via blog;
 - Phase 3 (Months 13-18): Maintenance phase. Data collection only.

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Results & Conclusions:

- Participant recruitment is currently open with an aim to reach the sample size of n=812 by early 2022.
- This sample will provide 80% power to observe a difference in prevalence of smoking cessation of 11.6%.
- Primary analysis will be performed using intention-to-treat principles to assess effectiveness.
- A secondary per-protocol analysis will assess treatment efficacy.
- Since recruitment opened in May 2021, 2280 individuals have been assessed for eligibility via an online eligibility questionnaire. Of these, 333 were eligible, consented to participate and were randomized as follows:
 - MiCBT: n=69;
 - MT: n=82;
 - SRG: n=82;
 - Control: n=100.
- Recruitment is currently open.
- Scan the QR code to be taken to the eligibility questionnaire and then share the QR code or website link with your patient groups.
- The study is open to people living in Australia.
- Considering the broad adoption of mobile phones throughout high and middle to low-income settings, these novel interventions may offer a cost-effective adjunct therapy to existing smoking cessation approaches for low SES populations and can be delivered completely online.
- Funded by Cancer Australia.

