

Projekttitlel	Tobacco cessation within TB programmes: A ‘real world’ solution for countries with dual burden of disease	
Forschungsbereich	Suchtforschung und Klinische Epidemiologie	
Studientyp, Design	Double-blind, randomised, parallel group, placebo-controlled trial	Link to trial website
Projektbeschreibung	<p>Background: Tobacco use leads to adverse health consequences for TB patients and continued smoking during TB treatment can be counterproductive. There is now a substantial body of evidence on the efficacy of a range of behavioural interventions and pharmacological agents available for tobacco cessation. Furthermore, good evidence on the efficacy and safety of an inexpensive plant-derivative alkaloid called cytisine for smoking cessation has emerged in recent years.</p> <p>Primary objective: To determine whether cytisine is effective and cost-effective, when added to behavioural support (BS), for tobacco cessation compared to BS alone on tobacco cessation in TB patients who smoke tobacco on a daily basis.</p> <p>Secondary objective (= work package University of Düsseldorf): To assess all relevant components of the design and delivery of the smoking cessation programme as part of a process evaluation.</p> <p>Methods:</p> <ul style="list-style-type: none"> ○ Setting: 30 TB diagnostic and management centres in Bangladesh, Nepal and Pakistan ○ Participants: 2388 adults diagnosed with pulmonary TB ○ Intervention: individual behavioural support + cytisine ○ Control: individual behavioural support + placebo ○ Primary outcome: 6-months continuous abstinence from tobacco <p>Relevance: The evidence of effectiveness and cost-effectiveness of offering such smoking cessation interventions to TB patients is almost non-existent. There is also little evidence of whether these interventions translate in a meaningful way and work ‘as well’ in routine TB care settings, as they do in trials. There is a need to generate new knowledge on the effective implementation and integration of tobacco cessation approaches within TB programmes.</p>	
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