

# Smoking Cessation Intervention for severe Mental Ill Health Trial (SCIMITAR): a pilot randomised control trial of the clinical effectiveness and cost-effectiveness of a bespoke smoking cessation service

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## Plain English summary

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## Plain English summary

Smoking is an important cause of ill health and early death among people who have experienced a severe mental illness such as schizophrenia or bipolar disorder.

To address this problem we developed and tested a bespoke smoking cessation (BSC) service specifically tailored to individual patients with severe mental illness. People with severe mental illness were randomly allocated to one of two interventions: a BSC service or usual general practitioner (GP) care. Those allocated to the BSC service were assigned a mental health nurse or allied health professional who had been trained to deliver evidence-supported smoking cessation interventions. Usual GP care consisted of the care normally given by the patient's GP or practice smoking cessation service without any specific additions for those with mental ill health problems.

People who were allocated to a BSC programme generally engaged well with the intervention. When we tested the clinical effectiveness of the intervention at 12 months we found that the chances of having quit smoking were three times higher in the intervention group. This estimate is in line with previous research, but our trial was relatively small scale. Believable estimates of the clinical effectiveness and costs need to be established in a much larger trial.

This was a pilot study, conducted in preparation of a larger study. Further research is needed to establish the clinical effectiveness of the BSC intervention and whether or not this represents good value for money to the NHS. The Smoking Cessation Intervention for Serious Mental Ill Health Trial (SCIMITAR) pilot study forms a template for a larger-scale study.

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