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

Emily Peckham,1 Mei-See Man,2 Natasha Mitchell,1 Jinshuo Li,1 Taeko Becque,1 Sarah Knowles,3 Tim Bradshaw,4 Claire Planner,3 Steve Parrott,1 Susan Michie,5 Charles Shepherd6 and Simon Gilbody1*

1Department of Health Sciences, University of York, York, UK
2School of Social and Community Medicine, University of Bristol, Bristol, UK
3Centre for Primary Care, University of Manchester, Manchester, UK
4The School of Nursing, Midwifery and Social Work, University of Manchester, Manchester, UK
5Department of Clinical, Educational and Health Psychology, University College London, London, UK
6Faculty of Health and Social Care, University of Hull, Hull, UK

*Corresponding author

Declared competing interests of authors: none

Published March 2015
DOI: 10.3310/hta19250

Plain English summary

Smoking Cessation Intervention for severe Mental Ill Health Trial (SCIMITAR)

Health Technology Assessment 2015; Vol. 19: No. 25
DOI: 10.3310/hta19250

NIHR Journals Library www.journalslibrary.nihr.ac.uk
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.
Health Technology Assessment

ISSN 1366-5278 (Print)
ISSN 2046-4924 (Online)
Impact factor: 5.116

Health Technology Assessment is indexed in MEDLINE, CINAHL, EMBASE, The Cochrane Library and the ISI Science Citation Index and is assessed for inclusion in the Database of Abstracts of Reviews of Effects.

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics (COPE) (www.publicationethics.org?).

Editorial contact: nihredit@southampton.ac.uk

The full HTA archive is freely available to view online at www.journalslibrary.nihr.ac.uk/hta. Print-on-demand copies can be purchased from the report pages of the NIHR Journals Library website: www.journalslibrary.nihr.ac.uk

Criteria for inclusion in the Health Technology Assessment journal

Reports are published in Health Technology Assessment (HTA) if (1) they have resulted from work for the HTA programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Reviews in Health Technology Assessment are termed ‘systematic’ when the account of the search appraisal and synthesis methods (to minimise biases and random errors) would, in theory, permit the replication of the review by others.

HTA programme

The HTA programme, part of the National Institute for Health Research (NIHR), was set up in 1993. It produces high-quality research information on the effectiveness, costs and broader impact of health technologies for those who use, manage and provide care in the NHS. 'Health technologies' are broadly defined as all interventions used to promote health, prevent and treat disease, and improve rehabilitation and long-term care.

The journal is indexed in NHS Evidence via its abstracts included in MEDLINE and its Technology Assessment Reports inform National Institute for Health and Care Excellence (NICE) guidance. HTA research is also an important source of evidence for National Screening Committee (NSC) policy decisions.

For more information about the HTA programme please visit the website: http://www.nets.nihr.ac.uk/programmes/hta

This report

The research reported in this issue of the journal was funded by the HTA programme as project number 07/41/05. The contractual start date was in December 2010. The draft report began editorial review in December 2013 and was accepted for publication in April 2014. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors’ report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health.

© Queen’s Printer and Controller of HMSO 2015. This work was produced by Peckham et al. under the terms of a commissioning contract issued by the Secretary of State for Health. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nihr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).
Editor-in-Chief of *Health Technology Assessment* and NIHR Journals Library

**Professor Tom Walley** Director, NIHR Evaluation, Trials and Studies and Director of the HTA Programme, UK

NIHR Journals Library Editors

**Professor Ken Stein** Chair of HTA Editorial Board and Professor of Public Health, University of Exeter Medical School, UK

**Professor Andree Le May** Chair of NIHR Journals Library Editorial Group (EME, HS&DR, PGfAR, PHR journals)

**Dr Martin Ashton-Key** Consultant in Public Health Medicine/Consultant Advisor, NETSCC, UK

**Professor Matthias Beck** Chair in Public Sector Management and Subject Leader (Management Group), Queen’s University Management School, Queen’s University Belfast, UK

**Professor Aileen Clarke** Professor of Public Health and Health Services Research, Warwick Medical School, University of Warwick, UK

**Dr Tessa Crilly** Director, Crystal Blue Consulting Ltd, UK

**Dr Peter Davidson** Director of NETSCC, HTA, UK

**Ms Tara Lamont** Scientific Advisor, NETSCC, UK

**Professor Elaine McColl** Director, Newcastle Clinical Trials Unit, Institute of Health and Society, Newcastle University, UK

**Professor William McGuire** Professor of Child Health, Hull York Medical School, University of York, UK

**Professor Geoffrey Meads** Professor of Health Sciences Research, Faculty of Education, University of Winchester, UK

**Professor John Powell** Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK

**Professor James Raftery** Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

**Dr Rob Riemsma** Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

**Professor Helen Roberts** Professor of Child Health Research, UCL Institute of Child Health, UK

**Professor Helen Snooks** Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

Please visit the website for a list of members of the NIHR Journals Library Board:
www.journalslibrary.nihr.ac.uk/about/editors

**Editorial contact:** nihredit@southampton.ac.uk