Results

Baseline characteristics

A total of 500 patients were selected among attendees of Monastir's SCC. We randomly assigned 250 participants in each group. A total of 44 were excluded by the one-year endpoint: 3 were deceased, 12 were not eligible for spirometry test and the rest were lost to follow-up. At one year endpoint a total of 456 were reachable for assessment, 236 in control group and 220 in spirometry group, that is an 8.8% of loss rate.

Participants were essentially men (96%) with a mean age of 43±14.04 years old. Most of them are living within a 20 Km perimeter of the cessation clinic (91%). Patients' educational level was quite balanced between classes, most of the patient were educated with the exception of 1% of uneducated patients. The majority of participants were active workers (67%), 8% of unemployed and a notable proportion of students (8%). When asked about having current familial and professional issues, respectively 27% and 28% had responded positively. There was no significant difference between study arms within any of the sociodemographic characteristics
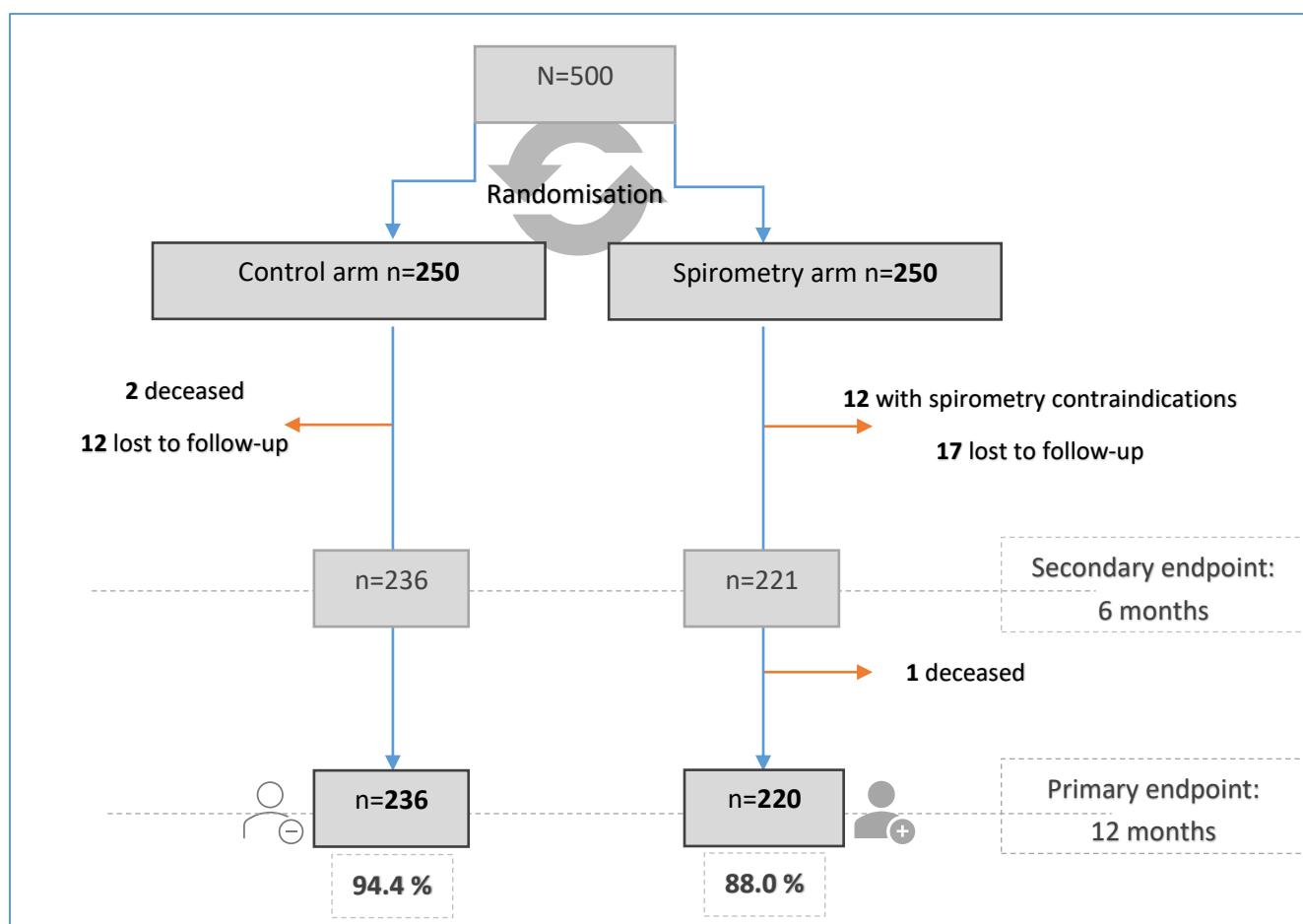
Participant flow

Figure 1: Study flow chart

Outcomes

The smoking cessation rate at 6 months was significantly higher in intervention group (48.0% vs. 33.1% in control group; P=0.002). At 1 year endpoint, cessation rates dropped in both arms, but the proportion of patients who remained abstinent was significantly higher in intervention group with 25.5% abstinent rate (n=56) versus 16.5% in control group (n=39). This difference was safely significant with p-value at 0.019 and expressed as a relative risk RR=0.89 (IC95%=0.81 to 0.96). The number needed to treat NNT=11.19 with 95% CI ranging from 6 to 66. Otherwise, considerable reduction was observed in both groups within nonquitters with no statistical significant difference.

Adverse events: None