

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effects of WhaSTOP mHealth Intervention on Stages on Change of Smoking Behaviour among Workers

Protocol summary

Study aim

To determine the effectiveness of WhaSTOP mHealth intervention plus usual care in movement through stages of change, smoking behaviour and knowledge among workers.

Design

Two arms parallel group quasi-experimental study

Settings and conduct

Among staffs at Universiti Teknologi MARA Selangor branch (Puncak Alam, Sungai Buloh, Selayang, Puncak Perdana, UiTM Hospital)

Participants/Inclusion and exclusion criteria

Participants: Smoker among workers Major inclusion criteria: Smoker in precontemplation and contemplation stages; aged 18 years and above; having a smartphone and able to use WhatsApp. Major exclusion criteria: Participation in other smoking cessation programmes/services; on extended leave during the study period; unable to give informed consent to participate due to communication barrier, or impaired mental status or cognitive impairment.

Intervention groups

Participants will be allocated into 2 arms, the intervention and control groups. The intervention group will consist of 70 smokers who will receive the WhaSTOP module plus usual care. The participants will receive usual care (quit smoking pamphlets) during recruitment, then received 3-4 short videos per week via Whatsapp for 4 weeks duration. The control group will consist of 70 smokers who will receive usual care only. Comparison will be made between these groups before intervention (during recruitment), 4 weeks and 8 weeks after recruitment.

Main outcome variables

Stage movement, smoking knowledge, number of cigarettes per day, nicotine dependence level, quit attempt, smoking abstinence

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220415054539N1**

Registration date: **2022-05-04, 1401/02/14**

Registration timing: **registered_while_recruiting**

Last update: **2022-05-04, 1401/02/14**

Update count: **0**

Registration date

2022-05-04, 1401/02/14

Registrant information

Name

Syaharatul Patimah Kamarudin

Name of organization / entity

Universiti Teknologi MARA

Country

Malaysia

Phone

+60 3-6126 5000

Email address

dr.syaharatul@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-05-01, 1401/02/11

Expected recruitment end date

2022-08-31, 1401/06/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of WhaSTOP mHealth Intervention on Stages on Change of Smoking Behaviour among Workers

Public title

The Effects of WhaSTOP mHealth Intervention on Stages on Change of Smoking Behaviour among Workers

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Smoker among workers Aged 18 years or above Being in the stages of precontemplation or contemplation based on the Transtheoretical Model Stage of Change, but are willing to take action to promote health Having a smartphone and being able to use WhatsApp for communication at least four days per week Willing to receive and commit to reading WhaSTOP intervention throughout the study period Able to understand and read in the Malay language

Exclusion criteria:

Participation in other smoking cessation programmes or services On extended leave during the study period Those who unable to give informed consent or participate in the study due to impaired mental status, cognitive impairment, or communication barrier

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Quasi-experimental

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Research Ethics Committee Universiti Teknologi Mara

Street address

UiTM Research Ethics Committee, Office of Deputy Vice Chancellor (Research and Innovation), Level 3 Bangunan Wawasan

City

Shah Alam

Postal code

40450

Approval date

2021-06-11, 1400/03/21

Ethics committee reference number

REC/06/2021 (MR/381)

Health conditions studied

1

Description of health condition studied

Smoker in precontemplation and contemplation stages

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Stage movement

Timepoint

Baseline (before intervention) and 4 and 8 weeks after intervention

Method of measurement

TTM constructs questionnaire - stages of change

2

Description

Number of cigarettes smoked per day

Timepoint

Baseline (before intervention) and 2, 4, 6 and 8 weeks after intervention

Method of measurement

Self-reported measure

Secondary outcomes

1

Description

Knowledge of smoking

Timepoint

Baseline (before intervention) and 4 and 8 weeks after intervention

Method of measurement

Global Adult Tobacco Survey (GATS) questionnaire

2

Description

Quit attempt

Timepoint

Baseline (before intervention) and 4 and 8 weeks after intervention

Method of measurement

Self-reported measure

3**Description**

Smoking abstinence

Timepoint

Baseline (before intervention) and 4 and 8 weeks after intervention

Method of measurement

Self-reported measure

4**Description**

Nicotine dependence level

Timepoint

Baseline (before intervention) and 4 and 8 weeks after intervention

Method of measurement

Fagerstrom Test of Nicotine Dependence Questionnaire

Intervention groups**1****Description**

Intervention group will received WhaSTOP module and usual care (quit smoking pamphlet). The module consists of 14 educational and motivational videos on smoking behavior and cessation. Three to four videos will be delivered to the participants via Whatsapp every week for 4 weeks.

Category

Behavior

2**Description**

Control group will received usual care (quit smoking pamphlet) during recruitment.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Universiti Teknologi MARA (UiTM) Kampus Sungai Buloh

Full name of responsible person

Syaharatul Patimah Kamarudin

Street address

Universiti Teknologi MARA Sungai Buloh Campus, Jalan Hospital

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Phone

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Email

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Web page address<https://ksb.uitm.edu.my/index.php/campuses/sungai-buloh-campus>**2****Recruitment center****Name of recruitment center**

UiTM Cawangan Selangor Kampus Puncak Alam

Full name of responsible person

Syaharatul Patimah Kamarudin

Street address

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dr.syaharatul@gmail.com

Web page address<https://ucs.uitm.edu.my/>**3****Recruitment center****Name of recruitment center**

UiTM Puncak Perdana Campus

Full name of responsible person

Syaharatul Patimah Kamarudin

Street address

Jalan Pulau Indah Au10/A, Puncak Perdana

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Web page address<https://puncakperdana.uitm.edu.my/v3/index.php>**4****Recruitment center****Name of recruitment center**

Hospital UiTM

Full name of responsible person

Syaharatul Patimah Kamarudin

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<https://hospital.uitm.edu.my/index.php/en/>

5

Recruitment center

Name of recruitment center

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Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Universiti Teknologi MARA

Full name of responsible person

Deputy Dean Research & Innovation

Street address

Universiti Teknologi MARA, Fakulti Perubatan Kampus

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Email

dr.syaharatul@gmail.com

Web page address

<https://ksb.uitm.edu.my/>

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Universiti Teknologi MARA

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Universiti Teknologi MARA

Full name of responsible person

Syaharatul Patimah Kamarudin

Position

Postgraduate Student/ Doctorate Degree

Latest degree

Master

Other areas of specialty/work

Public Health/Community Medicine

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Person responsible for scientific inquiries

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Position

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Person responsible for updating data

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Name of organization / entity

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Position

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Fax**Email**

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Published research report that contains all the findings of the study.

When the data will become available and for how long

starting 6 months after publication

To whom data/document is available

people working in the academic area

Under which criteria data/document could be used

for scientific use

From where data/document is obtainable

scientific journal

What processes are involved for a request to access data/document

none

Comments

none