

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation of adding smoking cessation programs to drug abuse treatment in Tehran centers 2010

Protocol summary

Summary

Drug abuse treatment is a major health and social problem in Iran with 5 to 10% successful abstinence in reports. As all of drug users are smoker, quitting smoking may increase the rate of success according to international studies. For the first time in Iran this clinical trial is carried out in all clients admitted the drug rehabilitation centres. Subjects were randomly allocated into the intervention and control groups. The intervention group received 12 weeks of nicotine replacement and behaviour therapy. Both groups were followed for about a year. Nicotine replacement therapy was delivered in the form of nicotine patches in addition to methadone therapy in case group. 200 patients were recruited in each group after consenting to attend the study. Quitting smoking is the outcome measure that will be documented by CO expiratory test during follow-up

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138802151878N1**
Registration date: **2010-10-12, 1389/07/20**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2010-10-12, 1389/07/20

Registrant information

Name

Gholamreza Heydari

Name of organization / entity

Tobacco Prevention & Control Research Center

Country

Iran (Islamic Republic of)

Phone

+98 21 2010 6003

Email address

ghrheydari@nritld.ac.ir

Recruitment status

Recruitment complete

Funding source

Tobacco prevention and control research center

Expected recruitment start date

2010-09-23, 1389/07/01

Expected recruitment end date

2011-09-21, 1390/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of adding smoking cessation programs to drug abuse treatment in Tehran centers 2010

Public title

Evaluation of adding smoking cessation programs to drug abuse treatment in Tehran centers 2010

Purpose

Treatment

Inclusion/Exclusion criteria

Patients admitted to Tehran centers for drug rehabilitation and willing to participate in the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 200

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tobacco prevention and control research center

Street address

Niavaran, Drabad

City

Tehran

Postal code

19556

Approval date

2009-04-20, 1388/01/31

Ethics committee reference number

31-9

Health conditions studied**1****Description of health condition studied**

quit smoking

ICD-10 code

f17

ICD-10 code description

Mental and behavioural disorders due to tobacco use

Primary outcomes**1****Description**

quit smoking

Timepoint

1-3-6-12 month

Method of measurement

co expiratory test - self report

Secondary outcomes

empty

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

Intervention group: nicotine replacement therapy for 12 weeks (nicotine patch 7, 14, 21, mg for 3 weeks each followed by 3 weeks nicotine gum

Category

Treatment - Drugs

2**Description**

Control group: did not receive Nicotine Replacement therapy

Category

Other

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

Smoking Cessation Clinic

Full name of responsible person

Anahita Alvanpour

Street address

No 2, Pirozi St, Charsad dasgah

City

Tehran

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

National research institute of TB and lung diseases

Full name of responsible person

Dr Mohammad Varahram

Street address

Niavaran-Darabad

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

National research institute of TB and lung diseases

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Tobacco Prevention and Control Research Center

Full name of responsible person

Gholamreza Heydari

Position

Director

Other areas of specialty/work**Street address**

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Full name of responsible person

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MD

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty