SHRECC – Smoking Harm Reduction using E-cigarettes or Cytisine

Primary Objective: To test the feasibility of e-cigarettes and cytisine as alternatives to standard evidence-based treatment in a group of individuals who were unable to quit using NRT and counselling

Other Objectives: Compare effectiveness of e-cigarettes and cytisine, changes in subjective measures of nicotine dependence, changes in tobacco-related biomarkers of harm

Timeline: January 2026 – March 2028

Study Design

Recruitment

- Individuals 18+ enrolled in **STOP** (n = 6000)
- Smoking ≥ 5 cigarettes daily at 6 month STOP follow-up despite receiving NRT and counselling
- Not daily users of e-cigarettes in last 30 days

Exclusion:

- Smoke occasionally
- Quit prior to 6 month STOP follow up
- Frequent users of e-cigarettes in last 30 days
- Medical history that may preclude participation
- Current use of cessation aids

If eligible:

Baseline Assessment

- **Randomized** 1:1 to cytisine or e-cigarettes arm
- Given a **voucher** for cytisine or e-cigarettes
- FTND, MNWS, HRQoL
- Optional: saliva sample collection

Treatment Arms

6 weeks

Cytisine

1.5 mg x 2 x 3 times per day

E-cigarettes

Ad libitum use for 6 weeks

End of Treatment

Study end-of-treatment questionnaire, FTND/EFTND, MNWS

6 and 12 Month Follow-Up

- FTND/EFTND, MNWS, HRQoL
- Saliva sample collection at 6 months (for those who did a baseline sample)