

Smoking Cessation Program With CBT and Mindfulness Audio Support: A Randomized Controlled Trial

NCT06901713

Status	RECRUITING
Phase	Not Applicable
Sponsor	Sir Run Run Shaw Hospital
Enrollment	2,000 participants

Key Eligibility Criteria

Inclusion (3)

- Who smoke at least 5 cigarettes per day.
- Express a desire to quit or reduce smoking.
- Who has the ability to access and use the provided digital materials.

Exclusion (3)

- Those currently enrolled in other smoking cessation programs.
- Individuals with severe psychiatric disorders that may interfere with participation.
- Those without access to the necessary digital devices.

Locations (1 total)

Sir Run Run Shaw Hospital, Hangzhou, China