

## **HIPS/22/25 - A Pilot Randomised Control Trial Of An Intervention To Reduce Children's Exposure To Second-Hand Smoke In The Home In Disadvantaged Communities In Scotland**

The harmful health effects of children's exposure to second-hand smoke are well established. Most second-hand smoke exposure now occurs in the home, in low-income households. This is because smoking rates are higher in more disadvantaged groups, who may find it harder to create a smoke-free home because of challenges including limited access to private outdoor space or being a sole-parent. Our previous research suggests that using nicotine replacement therapy (NRT) in the home could help to reduce the amount of smoking indoors. We want to build on this work and test in the future if using NRT works for smokers and their families as a way to reduce children's exposure to second-hand smoke. First, we need to conduct a smaller version of this study to test whether we can deliver it as planned. Some smokers will get free NRT posted to their home alongside telephone support for 12 weeks to reduce children's exposure to second-hand smoke. We will compare this with other smokers who receive current Scottish Government advice on reducing children's exposure to second-hand smoke in the home. We will check whether enough smokers want to be involved in the study, how acceptable (or not) the study is with smokers and look at the potential costs of this approach. If results are promising, we will seek funding for a larger trial to tell us whether using free NRT in the home to reduce children's exposure to second-hand smoke improves child health outcomes and is effective for the NHS.