

Physical Activity as an Aid to Smoking Cessation During Pregnancy

Population: pregnant women (10 to 24 weeks) who smoke at least one cigarette a day and smoked at least five cigarettes a day before pregnancy



Intervention: usual care (individual pregnancy-specific [behavioral support](#) for smoking cessation at the end of pregnancy) plus supervised exercise on a treadmill and physical activity consultations

Control: usual care (individual pregnancy-specific behavioral support for smoking cessation at the end of pregnancy)

Outcome:

- primary outcome is self-reported and biochemically validated continuous abstinence from smoking between a specified quit date and the end of pregnancy
- secondary outcomes are physical activity levels, depression, self-confidence, cigarette [withdrawal symptoms](#), and smoking status
- in addition, [perinatal](#) measures will be collected ([antenatal](#) complications, duration of labor, mode of delivery, birth and placental weight)



Study Status: participant recruitment began in April 2009 and will close in November 2012. Data collection for the primary outcome is due to be completed in July 2013; as of October 2nd 2012, 768 women have been recruited

Ussher, M., Aveyard, P., Manyonda, I. et al. (2012) Physical activity as an aid to smoking cessation during pregnancy (LEAP) trial: study protocol for a randomized controlled trial, *Trials*: 13(1):186.

<http://www.trialsjournal.com/content/pdf/1745-6215-13-186.pdf>