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Increasing physical activity: designing and testing a workplace intervention

Submission date 18/06/2010	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 18/06/2010	**Overall study status** Completed	
Last Edited 29/08/2013	**Condition category** Other	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Rebecca Lawton

Contact details
Woodhouse Lane
Leeds
United Kingdom
LS2 9JT
r.j.lawton@leeds.ac.uk

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
3025

Study information

Scientific Title

A multicentre randomised interventional prevention trial to develop and evaluate a flexible intervention to promote physical activity within worksites

Study objectives
The aim of the project was to develop and evaluate a flexible and problem-based intervention to promote physical activity within the workplace that requires no previous experience and could be implemented in any organisation. The intervention targeted mainly employees in low physical activity occupations and produced in an easy-to-implement tool-kit format. The intervention was evaluated in a quasi-experimental design involving 44 worksites across five large organisations. Half the worksites were randomly allocated to the intervention condition (being exposed to the whole intervention) and the remainder were allocated to the control group (who received the awareness component of the intervention only).

Ethics approval required
Old ethics approval format

Ethics approval(s)
1. Exploratory phase: South Sheffield Research Ethics Committee approved on the 3rd November 2006 (ref: 06/Q2305/159)
2. Main trial: South Sheffield Research Ethics Committee approved on the 11th October 2007 (ref: 07/H1309/90)

Study design
Multicentre randomised interventional prevention trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Hospital

Study type(s)
Prevention

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Topic: Generic Health Relevance and Cross Cutting Themes; Subtopic: Generic Health Relevance (all Subtopics); Disease: Public Health Research

Interventions
Awareness, Motivation and Environment (AME):
Using leaflets, self-monitoring tools and team challenges, and thus focused on making changes at the individual level (awareness and motivation) but also encouraged changes in individuals'

workplaces (environment) such as providing resources to encourage physical activity, posters to cue people to engage in physical activity and managers who support time spent in physical activity.

The control group received a short lifestyle advice leaflet, covering eating, physical activity, smoking, when they attended for their healthcheck etc.

Participants in the intervention group received a three month intervention delivered via a worksite facilitator and were followed up immediately post-intervention, as well as 3 months and 9 months after the intervention ended.

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
International Physical Activity Questionnaire, measured at baseline, immediately post-intervention (3 months), 6 months post-intervention and 9 months post-intervention.

Secondary outcome measures
1. Body mass index (BMI)
2. % body fat
3. Resting heart rate
4. Diastolic and systolic blood pressure

Measured at baseline and again 12 months later.

Overall study start date
01/10/2006

Completion date
01/10/2009

Eligibility

Key inclusion criteria
Members of staff working at three organisations - a large bus company, a Welsh city council and a large teaching hospital (aged 18 - 65 years, either sex)

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
Planned sample size: 1300

Key exclusion criteria
Anyone for whom physical activity would be dangerous to health

Date of first enrolment
01/10/2006

Date of final enrolment
01/10/2009

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
Woodhouse Lane
Leeds
United Kingdom
LS2 9JT

Sponsor information

Organisation
University of Leeds (UK)

Sponsor details
Woodhouse Lane
Leeds
England
United Kingdom
LS2 9JT

Sponsor type
University/education

Website
http://www.leeds.ac.uk

ROR
https://ror.org/024mrxd33

Funder(s)

Funder type
Research organisation

Funder Name
BUPA Foundation (UK)

Alternative Name(s)

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	11/04/2011		Yes	No