

A text messaging intervention to promote physical activity habits

Submission date 06/07/2015	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 07/07/2015	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 20/10/2016	Condition category Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Interventions (or programs) to promote physical activity (PA) often fail to show long-term effects, and the suspicion is that PA behaviors need to become habits in order to be maintained. Recent research on habits indicates that habit formation may be facilitated by repeated and consistent environmental cues. The aim of this study is to test how well text messaging cues (SMS) do at getting people into the habit of doing PA in the workplace.

Who can participate?

Employees of the Française des Jeux compagnie that do not currently do any exercise, have medical clearance to start an exercise program and are able to attend a fitness center for a 60 minute session twice a week.

What does the study involve?

The employees are randomly allocated into one of two groups. Those in group 1 (PA group) take part in a 28 day supervised PA program. Those in group 2 (PA+SMS group) take part in the same program and are sent text messaging cues before their PA sessions. The exercise habits of each participant is assessed every week by the Self-Report Behavioral Habit Index using an online application.

What are the possible benefits and risks of participating?

Not provided at time of registration.

Where is the study run from?

Française des Jeux, Vitrolles (France)

When is the study starting and how long is it expected to run for?

June 2013 to June 2015

Who is funding the study?

Société Diagana sport santé (Diagana sport santé company) and Fondation Française des Jeux (Fondation of Française des Jeux) (France)

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Testing the effect of text messaging cues to promote physical activity habits: a worksite-based randomized controlled trial

Acronym
Physical activity habits

Study objectives
To test the efficacy of text messaging cues (SMS) to promote physical activity (PA) habit formation in the workplace.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Commission scientifique de la faculté des sciences du sport de l'Université de Nice Sophia Antipolis

Study design
Randomized controlled trial (RCT)

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

We studied sedentary employees at their workplace.

Interventions

1. Experimental: Physical activity + SMS group:

The group attended 2 sessions of supervised physical activity sessions and received 4 SMS per week.

All sessions were held at the same time of day (during lunch break) and on the same day of the week (Tuesday and Thursday). One session consisted of Nordic walking and the other consisted of circuit training. The session contents were individualized according to each individual's PA level using a heart rate monitor. The PA+SMS group received four text messages per week, always at the same time to favor cue consistency. For each session, one SMS was sent the evening before (7 pm) to remind and help the participants to plan their behavior

2. Active Comparator: Physical activity:

The physical activity group attended two one-hour PA sessions per week supervised by two professional PA instructors. One session consisted of Nordic walking and the other consisted of circuit training.

Intervention Type

Behavioural

Primary outcome(s)

Primary Outcome Measure:

1. The strength of the PA habit was measured using the Self-Report Behavioural Automaticity Index (SRBAI)

Time Frame: from October 2013 to June 2014, assessed every week. Participants received an email every Thursday at 2 pm from the communication service of their company to ask them to complete the SRBAI for the behavior using an online survey-managing website. If they missed to report, they received another email to remind them on the following Monday at 2 pm. They provided their answers using a 10-point Likert scale, with higher scores indicating stronger habit strength.

Key secondary outcome(s)

Level of Physical activity using IPAQ (International Physical Activity Questionnaire). Time Frame: on October 2013, June 2014 and June 2015. Participants has to answer the IPAQ questionnaire by email three times to evaluate their physical activity level.

Completion date

30/06/2015

Eligibility

Key inclusion criteria

1. Be employee of the Française des Jeux compagnie
2. Not be involved in any exercise training

3. Have a medical clearance to start an exercise program
4. Have the ability to attend the fitness center for a 60-min session twice a week

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Being active according to the IPAQ

Date of first enrolment

01/06/2013

Date of final enrolment

15/10/2013

Locations

Countries of recruitment

France

Study participating centre

Francaise des Jeux

297 Route de la Seds

Vitrolles

France

13127

Sponsor information

Organisation

Laboratoire motricité humaine et sport santé

ROR

<https://ror.org/03fd87035>

Funder(s)

Funder type

Industry

Funder Name

Société Diagana sport santé (Diagana sport santé company)

Funder Name

Fondation Française des Jeux (Fondation of Française des Jeux)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes