

# A text messaging intervention to promote physical activity habits

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<b>Registration date</b> 07/07/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 20/10/2016	<b>Condition category</b> 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?  
Mrs Marion Fournier  
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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?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes