

The Computer Automated Pause Software (CAPS) study: randomised controlled trial in the effectiveness of pause software in VDU workers

Submission date
04/08/2005

Recruitment status
No longer recruiting

☒ Prospectively registered

☐ Protocol

Registration date
04/08/2005

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
04/06/2019

Condition category
Injury, Occupational Diseases, Poisoning

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

NTR44

Study information

Scientific Title

The Computer Automated Pause Software (CAPS) study: randomised controlled trial in the effectiveness of pause software in VDU workers for prevention of work related upper extremity complaints

Acronym

CAPS study

Study objectives

Complaints of arm, neck, shoulders, non-specific pain of the upper extremities, repetitive strain injury (RSI).

The aim of this study is twofold: on the one hand to investigate whether use of break software reduces risk factors in VDU work and on the other hand whether RSI complaints are prevented and reduced.

Research questions:

1. Does the use of break software lead to a reduction of RSI risk factors in VDU workers, compared to not using break software?
2. Does efficient use of break software lead to prevention of RSI complaints in VDU workers compared to VDU workers that do not have break software to their disposal?
3. Does efficient use of break software lead to a reduction of existing RSI complaints in VDU workers compared to VDU workers that do not have break software to their disposal?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised, single-blinded, active controlled, parallel group trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Repetitive strain injury (RSI)

Interventions

The intervention group will have break software at their disposal in an active way: they will know how to set up and use the software and will have background information on the possible benefits of the break software.

The control group will not have break software at their disposal.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

1. Main outcomes are prevalence and incidence of RSI risk factors and complaints. A worker will be defined as an RSI case if symptoms are present on at least 4 days during at least 1 week in the last 12 months. Symptoms have to be present in one or more of the upper extremity body regions: neck, upper back, shoulder, elbow, forearm, wrist and/or hand (SALTSA definition).
2. Duration of computer use will be registered with WorkPace registration software
3. Complaints will be measured with the QuickDASH questionnaire. Pain and complaints in the previous 24 hours will be measured with a Visual Analogue Scale. The average pain intensity will be evaluated by the worker on an 11-point numerical scale ranging from 0 (no pain) to 10 (as much as can be imagined).

Secondary outcome measures

1. Data on costs will be gathered from several sources
2. Data on sick leave will be gathered from the company's registration
3. Direct costs (visits to the general practitioner etc.) due to upper limb musculoskeletal disorders will be gathered by questionnaire
4. Data on productivity will be collected by registering the amount of processed claims

Overall study start date

22/08/2005

Completion date

28/02/2007

Eligibility

Key inclusion criteria

Workers with at least 4 hours of VDU work per day. In light of the prevalence of complaints, a maximum of 40% of the included workers will have (or will have had) RSI complaints.

Participant type(s)

Patient

Age group

Adult

Sex

Both

Target number of participants

600

Total final enrolment

354

Key exclusion criteria

All other than the inclusion criteria.

Date of first enrolment

22/08/2005

Date of final enrolment

28/02/2007

Locations**Countries of recruitment**

Netherlands

Study participating centre

Academic Medical Center (AMC)

Amsterdam

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1100 DE

Sponsor information**Organisation**

Academic Medical Center (AMC) (The Netherlands)

Sponsor details

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Sponsor type

University/education

Website

<http://www.amc.nl>

ROR

<https://ror.org/03t4gr691>

Funder(s)

Funder type

Government

Funder Name

The Ministry of Social Affairs and Employment (The Netherlands)

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	01/05/2009	04/06/2019	Yes	No