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

Submission date Recruitment status 04/08/2005 No longer recruiting	[X] Prospectively registered
	☐ Protocol
Overall study status	Statistical analysis plan
04/08/2005 Completed	[X] Results
Condition category	Individual participant data
	No longer recruiting  Overall study status  Completed

## Plain English summary of protocol

Not provided at time of registration

# Contact information

## Type(s)

Scientific

#### Contact name

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# Additional identifiers

Protocol serial number

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

# Study type(s)

Treatment

# 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(s)

- 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).

# Key secondary outcome(s))

- 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

## 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

## Healthy volunteers allowed

No

# Age group

Adult

#### Sex

ΔII

## Total final enrolment

354

#### Kev exclusion criteria

All other than the inclusion criteria.

## Date of first enrolment

# Date of final enrolment 28/02/2007

# Locations

## Countries of recruitment

Netherlands

Study participating centre
Academic Medical Center (AMC)
Amsterdam
Netherlands
1100 DE

# Sponsor information

## Organisation

Academic Medical Center (AMC) (The Netherlands)

### **ROR**

https://ror.org/03t4gr691

# Funder(s)

# Funder type

Government

## **Funder Name**

The Ministry of Social Affairs and Employment (The Netherlands)

# **Results and Publications**

Individual participant data (IPD) sharing plan

# IPD sharing plan summary

Not provided at time of registration

Study outputs

Output typeDetailsDate createdDate addedPeer reviewed?Patient-facing?Results articleresults01/05/200904/06/2019YesNo