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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
Registration date	**Overall study status**
04/08/2005	Completed
Last Edited	**Condition category**
04/06/2019	Injury, Occupational Diseases, Poisoning

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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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Sponsor information

Organisation
Academic Medical Center (AMC) (The Netherlands)

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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