

# A user study of a web service for fostering the positive side of stress

<b>Submission date</b> 09/08/2019	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 03/09/2019	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 11/05/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Digital services have been found promising in managing different aspects of health, also stress. We developed a web service for cultivating the positive side of stress based on the stress experiences of entrepreneurs. Our research objectives are to study the acceptance and usage of the Eustress Toolbox web service, and based on the findings, provide design implications to support the design of digital well-being services, especially in the entrepreneurial context.

### Who can participate?

Our study is intended for entrepreneurs and people having an entrepreneur-type job description.

### What does the study involve?

The study involves participating in a kick-off session, using the web service “Eustress Toolbox” for 6 weeks as a part of one’s daily life, responding to study questionnaires on work engagement, stress and user experience of the service. In addition, half of the participants are interviewed after the 6-week period of service use.

### What are the possible benefits and risks of participating?

The participants may learn new skills related to occupational well-being. The participants are reimbursed with movie tickets; the participants attending to a final interview received four movie tickets each and other participants two movie tickets. Participation does not involve risks for the participants.

### Where is the study run from?

The study is conducted in Finland by the researchers of VTT Technical Research Centre of Finland Ltd and Tampere University.

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

June 2015 to December 2015.

### Who is funding the study?

The study is funded by Tekes - the Finnish Funding Agency for Technology and Innovation, VTT Technical Research Centre of Finland Ltd and Tampere University.

Who is the main contact?

The main contact is Päivi Heikkilä (paivi.heikkila@vtt.fi) from VTT Technical Research Centre of Finland Ltd.

## Contact information

### Type(s)

Scientific

### Contact name

Ms Päivi Heikkilä

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## Additional identifiers

### EudraCT/CTIS number

Nil known

### IRAS number

### ClinicalTrials.gov number

Nil known

### Secondary identifying numbers

N/A

## Study information

### Scientific Title

Field Study of a Web Service for Stimulating the Positive Side of Stress: Entrepreneurs' Experiences and Design Implications

### Acronym

N/A

### Study objectives

The study evaluated user acceptance and experience of a web service for promoting skills for experiencing positive stress.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

This study did not require ethics approval according to the guidelines of the Ethics Committee of the Tampere region. The study was conducted with adult volunteers who gave informed consent, the study did not involve intervention with physical integrity of participants, or did not expose them to risks regarding to their mental health and safety. More information:

<https://www.tuni.fi/en/research/responsible-research/ethical-reviews-in-human-sciences>

## **Study design**

A single-arm 6-week field study

## **Primary study design**

Other

## **Secondary study design**

## **Study setting(s)**

Internet/virtual

## **Study type(s)**

Quality of life

## **Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet.

## **Health condition(s) or problem(s) studied**

Occupational well-being and eustress skills of entrepreneurs and entrepreneur-type employees..

## **Interventions**

The selection of participants is made based on a recruitment questionnaire to include entrepreneurs or people having an entrepreneur-like job description. The selected participants first respond to an online questionnaire on stress and work engagement. All participants are invited to a kick-off session, which introduces the phenomenon of positive stress, the study procedures and the web service to be tested. After that, they start using the web service independently, as a part of their daily life, during a six-week period. After about two weeks of use, they receive an online user experience questionnaire of their first impressions of the service, and at the end of the period, a final user experience questionnaire and the same stress and work engagement questionnaires as at baseline. Finally, about half of the participants are interviewed to deepen the data obtained with questionnaires.

## **Intervention Type**

Behavioural

## **Primary outcome measure**

User acceptance and experience, development needs and design implications are measured with two questionnaires at 2 weeks and 6 weeks, and a final interview at 6 weeks.

## **Secondary outcome measures**

1. Usage activity of the web service is determined using log files after the 6-week usage period.
2. Perceived stress is measured using the Perceived Stress Scale at baseline and after the 6-week usage period.
3. Work engagement is measured using the Utrecht Work Engagement Scale at baseline and after the 6-week usage period.
4. Perceived benefits of the service are measured with two single-item scales on positive and negative stress after 6-week usage period as a part of the final user experience questionnaire.

**Overall study start date**

01/06/2015

**Completion date**

31/12/2015

## Eligibility

**Key inclusion criteria**

Entrepreneur or employee with an entrepreneur-type job description.

**Participant type(s)**

Healthy volunteer

**Age group**

Adult

**Sex**

Both

**Target number of participants**

20-30

**Total final enrolment**

22

**Key exclusion criteria**

N/A

**Date of first enrolment**

15/09/2015

**Date of final enrolment**

21/10/2015

## Locations

**Countries of recruitment**

Finland

**Study participating centre**  
**VTT Technical Research Centre of Finland Ltd.**  
P. O. Box 1300  
Tampere  
Finland  
FI-33101

**Study participating centre**  
**Tampere University**  
Tampere  
Finland  
FI-33014

## **Sponsor information**

**Organisation**  
VTT Technical Research Centre of Finland Ltd

**Sponsor details**  
P.O. Box 1000  
Espoo  
Finland  
FI-02044  
+ 358 20 722 7001  
kirjaamo@vtt.fi

**Sponsor type**  
Research organisation

**Website**  
<https://www.vttresearch.com/>

**ROR**  
<https://ror.org/04b181w54>

## **Funder(s)**

**Funder type**  
Government

**Funder Name**  
Tekes

**Alternative Name(s)**

Finnish Funding Agency for Innovation

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Local government

**Location**

Finland

**Funder Name**

Teknologian Tutkimuskeskus VTT

**Alternative Name(s)**

VTT Technical Research Centre of Finland

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

For-profit companies (industry)

**Location**

Finland

**Funder Name**

Tampereen Yliopisto

**Alternative Name(s)**

University of Tampere, UTA

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Local government

**Location**

Finland

## Results and Publications

## Publication and dissemination plan

We plan to publish the field study results in 2019.

## Intention to publish date

31/12/2019

## Individual participant data (IPD) sharing plan

We can provide anonymous data for specified research questions. The data includes usage log data, as well as data from stress and work engagement questionnaires and user experience questionnaires without open-ended questions and demographic information, which may reveal the identity of the participants. The data is in Finnish and can be requested from Päivi Heikkilä, VTT Technical Research Centre of Finland Ltd.

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	28/10/2019	11/05/2020	Yes	No