

# Moving Works (Bewegen Werkt): an evaluation of a health promotion program for long-term unemployed persons

<b>Submission date</b> 17/05/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 12/08/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 10/01/2023	<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

The intervention “Bewegen Werkt” (BW) [“Exercise Works”] is a re-activation programme for unemployed persons with health problems consisting of physical activity, lifestyle education and individual coaching.

The aim of this study is to optimize the BW programme and to evaluate the effectiveness of the BW programme on mental and physical health, health behaviours, and participation among unemployed persons with health problems.

The BW programme will be optimized by:

1. Emphasizing the intersectoral approach, combining efforts of the BW coach and the case manager of the municipality;
2. Educating BW coaches in Motivational Interviewing; an evidence-based technique to enhance motivation for behaviour change;
3. Prolonging the BW programme with follow-up meetings after the end of the programme;
4. Using WhatsApp to enhance communication and support from the coach and the other group-members during and after the BW programme.

The research questions concern the effectiveness on primary (physical and mental health, and participation), and secondary outcomes (healthy behaviours, self-esteem, mastery, and happiness), as well as the implementation process (barriers and facilitators for implementation, costs and benefits).

### Who can participate?

Long term unemployed persons in the Netherlands.

### What does the study involve?

A focus group with case managers and BW coaches will be organized to get insight into barriers and facilitators for carrying out the intersectoral collaboration. In a brainstorm session, barriers will be brought up and ideas will be generated to overcome these barriers. In addition, interviews with professionals (10 case managers, 10 BW coaches, 5 policy officers) and clients (10 participants, 10 drop-outs, 10 ex-participants) will be performed to get insight into barriers and facilitators for implementation of the BW programme.

With a quasi-experimental study design, insight is gained into the effect of the BW programme on health, health behaviour and participation. An intervention group consisting of 250 clients participating in the programme and a control group consisting of 250 clients with comparable characteristics, but not participating in the programme are followed for one year. The propensity score matching technique will be used as alternative research design to evaluate the effectiveness of the BW programme because a randomized controlled trial is not feasible. A fidelity scale will be developed, consisting of 25-50 questions on the practical implementation of the BW programme. For each municipality, the level of implementation will be measured. It will be investigated whether the BW programme shows better results in municipalities with a higher score on the fidelity scale.

What are the possible benefits and risks of participating?

The control group receives two coupons of 10 euros for a Dutch webshop (<https://www.bol.com>). The people in the intervention group would participate in the intervention regardless of this research.

Where is the study run from?

Erasmus Medical Center (Netherlands)

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

August 2020 to July 2024

Who is funding the study?

Netherlands Organisation for Health Research and Development (ZonMw)

Who is the main contact?

Roos Hijdra, [r.hijdra@erasmusmc.nl](mailto:r.hijdra@erasmusmc.nl)

## Contact information

**Type(s)**

Scientific

**Contact name**

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## Additional identifiers

EudraCT/CTIS number

Nil known

**IRAS number**

**ClinicalTrials.gov number**

Nil known

**Secondary identifying numbers**

50-55510-98-065

## **Study information**

**Scientific Title**

Moving Works (Bewegen Werkt): the evaluation and optimalization of a health promotion program for long-term unemployed persons

**Study objectives**

The Bewegen Werkt program increases the health and participation of a participant.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

The Medical Ethical Committee of Erasmus MC Rotterdam declared that the Medical Research Involving Human Subjects Act does not apply to the current study on 19/11/2020 (ref:MEC-2020-0771 )

**Study design**

Quasi-experimental study design

**Primary study design**

Interventional

**Secondary study design**

Non randomised study

**Study setting(s)**

Other

**Study type(s)**

Other

**Participant information sheet**

See trial outputs table

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

Health of persons who are long-term unemployed

**Interventions**

Bewegen Werkt is a group intervention that last 12-18 weeks, where they meet up twice a week. During this time, they receive health education and physical activity training. Participants are selected by the municipality. The intervention will be evaluated by questionnaires at baseline, 3 and 12 months and by interviews for the processevaluation.

## **Intervention Type**

Behavioural

## **Primary outcome measure**

The following primary outcome measures will be measured with a questionnaire at baseline, the end of the program (3 months) and a year after the start (12 months)

1. Physical health measured using SF-12
2. Mental health measured using MHI-5 and subjectively experienced health model
3. Participation measured using participation ladder

## **Secondary outcome measures**

The following secondary outcome measures will be measured with a questionnaire at baseline, the end of the program (3 months) and a year after the start (12 months)

1. Healthy behaviors (physical activity, smoking, alcohol consumption)
2. Self-esteem measured using the Rosenberg self-esteem scale
3. Mastery measured using the personal mastery scale
4. Happiness measured with one question "How happy are you?" and a 5-item answer category ranging from very unhappy to very happy

## **Overall study start date**

01/08/2020

## **Completion date**

01/07/2024

# **Eligibility**

## **Key inclusion criteria**

A person must be long-term unemployed and not in a similar intervention program.

## **Participant type(s)**

Other

## **Age group**

Adult

## **Sex**

Both

## **Target number of participants**

500

## **Key exclusion criteria**

If they do not speak or read Dutch sufficiently.

**Date of first enrolment**

01/09/2021

**Date of final enrolment**

31/01/2023

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

**Erasmus Medical Center**

Rotterdam

Netherlands

3015GD

**Study participating centre**

**Bewegen Werkt**

Almelo

Netherlands

7602PD

## **Sponsor information**

**Organisation**

Netherlands Organisation for Health Research and Development

**Sponsor details**

Laan van Nieuw Oost-Indië 334

The Hague

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**Sponsor type**

Government

**Website**

<http://www.zonmw.nl/en/>

**ROR**

## Funder(s)

### Funder type

Government

### Funder Name

ZonMw

### Alternative Name(s)

Netherlands Organisation for Health Research and Development

### Funding Body Type

Private sector organisation

### Funding Body Subtype

Other non-profit organizations

### Location

Netherlands

## Results and Publications

### Publication and dissemination plan

The outcomes of the study will be published in an effect paper in a scientific journal. Furthermore, youtube videos will be created to disseminate the information to the public. The effects of the intervention will also be uploaded to the intervention database of the RIVM

### Intention to publish date

01/07/2025

### Individual participant data (IPD) sharing plan

Only anonymous data is available upon request.  
r.hijdra@erasmusmc.nl

### 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>			31/05/2022	No	Yes
<a href="#">Participant information sheet</a>			31/05/2022	No	Yes