# Booster Breaks: health promoting work breaks

Submission date	Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
16/02/2015		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
26/03/2015	Completed	[X] Results		
Last Edited	Condition category	[] Individual participant data		
25/09/2017	Other			

## Plain English summary of protocol

Background and study aims

The workplace is an important potential setting for physical activity (PA) interventions (i.e. programmes). However, few workplace PA interventions take full advantage of work breaks and result in limited-to-modest success. Booster Breaks are organized work breaks that are designed to improve employees physical and psychological health, increase job satisfaction and improve work productivity. Booster Breaks have been developed to alleviate work-related stress and encourage more PA behavior in employees that may otherwise have sedentary jobs. Examples of Booster Breaks include short exercise or meditation sessions. The aim of this study is to test whether Booster Breaks increase PA among sedentary employees, compared with individualized PA work breaks and typical work breaks.

### Who can participate?

Employees with sedentary office jobs from four workplaces in a large, urban southwestern U.S. city.

#### What does the study involve?

Participants are randomly allocated into one of three groups. Those in group 1 are assigned to the Usual Break (control) group. Those in group 2 are assigned to the Computer Prompt (individualized PA work breaks) group. Those in group 3 are assigned to the Booster Break group. The Usual Break condition includes usual or typical work break practices and behaviors. The two interventions are developed to be consistent with the WHO Healthy Workplace Framework and Model. The individualized Computer Prompt condition is designed to interrupt prolonged sitting time by introducing 3-minute breaks, 5 times per day. The group-based Booster Break condition is a peer-led, once-a-day, 15-minute PA session that guides employees through a series of stretching, strengthening, and aerobic movements followed by a brief meditation. Based on a participation rate threshold of 70%, workplaces were classified either as consistent or inconsistent implementers of the intervention. A number of physiological and behavioral measures are assessed before the study starts and 6 months later.

What are the possible benefits and risks of participating? Not provided at time of registration

Where is the study run from? Four different work places in a large, urban southwestern U.S. city

When is the study starting and how long is it expected to run for? January 2009 to January 2013

Who is funding the study? National Institutes of Health (USA)

Who is the main contact? Dr Wendell Taylor

# **Contact information**

## Type(s)

Scientific

#### Contact name

Dr Wendell Taylor

#### Contact details

The University of Texas Health Science Center at Houston School of Public Health CHPPR 7000 Fannin Street Suite 2670 Houston United States of America TX 77030

# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

## Secondary identifying numbers

NIH (Grant No. R03 NR010291)

# Study information

#### Scientific Title

Impact of Booster Breaks on physical activity among sedentary employees: a cluster randomized controlled trial

## **Study objectives**

It was hypothesized that, compared with non-Booster Break participants, Booster Break participants will have significant improvements in:

1. Physiological measures (i.e., blood pressure, fasting lipids, triglycerides, and anthropometrics)

- 2. PA (increase) and sedentary behavior (decrease)
- 3. PA mediators
- 4. Employee and organizational psychosocial constructs

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

This study was approved by the appropriate IRBs and the University Committee for the Protection of Human Subjects

### Study design

Randomized controlled trial

### Primary study design

Interventional

## Secondary study design

Randomised controlled trial

### Study setting(s)

Community

#### Study type(s)

Prevention

## Participant information sheet

Not available in web format, please use the contact details to request a patient information sheet

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

Physical inactivity, sedentary behavior, obesity

#### Interventions

Participants were randomized to the Usual Break (control group), Computer Prompt, or Booster Break condition. The Usual Break condition included usual or typical work break practices and behaviors. The two interventions were developed to be consistent with the WHO Healthy Workplace Framework and Model. The individualized Computer Prompt condition was designed to interrupt prolonged sitting time by introducing 3-minute breaks, 5 times per day. The group-based Booster Break condition was a peer-led, once-a-day, 15-minute PA session that guides employees through a series of stretching, strengthening, and aerobic movements followed by a brief meditation.

## Intervention Type

Behavioural

## Primary outcome measure

- 1. Lipid profile
- 2. Blood pressure
- 3. Height
- 4. Weight

- 5. International Physical Activity Questionnaire (IPAQ)
- 6. Pedometer readings

Measures were taken at baseline and immediately after the intervention (i.e after 6 months)

## Secondary outcome measures

Physical activity mediators and employee and organizational psychosocial constructs: self-report assessments at baseline and immediately after the intervention (i.e after 6 months)

### Overall study start date

09/01/2009

### Completion date

09/01/2013

# **Eligibility**

### Key inclusion criteria

- 1. Participants' jobs required sitting for at least 5 hours per day
- 2. English proficiency
- 3. Full-time employment [35-40 hours/week]
- 4. Age >17 years
- 5. No physician-limited physical activity

## Participant type(s)

Healthy volunteer

## Age group

Adult

#### Sex

Both

## Target number of participants

3 clusters, 5 departments in each cluster, 5 to 15 individuals in each department

## Key exclusion criteria

- 1. Physician prohibited physical activity
- 2. Part-time employees

#### Date of first enrolment

09/01/2009

#### Date of final enrolment

09/01/2012

# Locations

#### Countries of recruitment

United States of America

## Study participating centre

The University of Texas Health Science Center at Houston

School of Public Health CHPPR 7000 Fannin Street Suite 2670 Houston

United States of America

TX 77030

# Sponsor information

### Organisation

The University of Texas Health Science Center at Houston

## Sponsor details

7000 Fannin Street Suite 2670 Houston United States of America TX 77030

## Sponsor type

University/education

#### **ROR**

https://ror.org/03gds6c39

# Funder(s)

## Funder type

Government

#### **Funder Name**

National Institutes of Health

### Alternative Name(s)

Institutos Nacionales de la Salud, US National Institutes of Health, NIH

## **Funding Body Type**

Government organisation

## Funding Body Subtype

National government

## Location

**United States of America** 

# **Results and Publications**

Publication and dissemination plan

Intention to publish date

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not expected to be made available

## **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	feasibility study results	01/08/2010		Yes	No
Other publications	participants' perspectives	01/06/2013		Yes	No
Results article	results	17/11/2016		Yes	No