

Work site physical activity among office workers to reduce musculoskeletal disorders and absenteeism

Submission date
22/03/2007

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
05/04/2007

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
02/10/2008

Condition category
Musculoskeletal Diseases

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

KF 01-201/04

Study information

Scientific Title

Acronym

SPA (Sundhedsfremme På Arbejdspladsen; Specific Physical Activity at the work site)

Study objectives

1. Physical activity training at the work site will reduce musculoskeletal complaints in the neck and shoulder region among office workers and reduce absenteeism
2. Specific resistance training of the neck/shoulder region is superior to all-round physical exercise for reducing neck/shoulder complaints
3. Pattern of musculoskeletal disorders as well as physical activity level at baseline modify the training effect

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approval received from the local ethics committee (De Videnskabsetiske Komiteér for Københavns og Fredriksberg Kommuner) on the 12th July 2004 (ref: KF 01-201/04).

Study design

Randomised, cluster balanced, intervention trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Work-related neck/shoulder disorders

Interventions

Participants are randomised to receive one of the following:

1. Specific resistance training for the neck/shoulder region
2. All-round physical exercises
3. Information on health promotion as a control group

All groups were allowed to use one hour per week during work time for one year. Group one was scheduled most regular with 20 minutes three times per week. Group two was motivated to perform physical activity two to three times per week.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Self-reported neck/shoulder complaints
2. Absenteeism: self-reported as well as personal files from the company

These measures were collected at baseline, after four to five months and again after 12 months of intervention.

Key secondary outcome(s))

1. Muscle strength
2. Fitness (aerobic capacity)
3. Body Mass Index (BMI)
4. Salivary cortisol as stress marker

These measures were taken examiner-blinded at baseline, after four to five months and again after 12 months of intervention.

Completion date

31/12/2007

Eligibility

Key inclusion criteria

Workers at 12 units located in the eastern part of Denmark of a national Danish public administration authority.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

1. Trauma
2. Generalised muscle pain
3. Life threatening diseases

Date of first enrolment

01/12/2004

Date of final enrolment

31/12/2007

Locations

Countries of recruitment

Denmark

Study participating centre
National Research Centre for the Working Environment
Copenhagen
Denmark
DK-2100

Sponsor information

Organisation

The National Research Centre for the Working Environment (Denmark)

ROR

<https://ror.org/03f61zm76>

Funder(s)

Funder type

Government

Funder Name

The Ministry of Culture Committee on Sports Research, The Danish Ministry of Culture (Denmark)

Funder Name

The National Board of Health, The Ministry of the Interior and Health (Denmark)

Results and Publications

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	15/01/2008		Yes	No