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

Submission date
22/03/2007

Recruitment status
No longer recruiting

Registration date
05/04/2007

Overall study status
Completed

Last Edited
02/10/2008

Condition category
Musculoskeletal Diseases

[ ] 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
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 of Fredriksberg Kommuner) on the 12th July 2004 (ref: KF 01-201/04).

Study design
Randomised, cluster balanced, intervention trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet

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 measure
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.

Secondary outcome measures
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.

Overall study start date
01/12/2004

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

Age group
Not Specified

Sex
Not Specified

Target number of participants
600

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)

Sponsor details
Lersø Parkalle 105
Copenhagen Ø
Denmark
DK 2100

Sponsor type
Government

Website
http://www.arbejdsmiljoforskning.dk/

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

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	15/01/2008		Yes	No