ISRCTN40949689 https://doi.org/10.1186/ISRCTN40949689

# Cost-effectiveness of an individual on line real-life computer-tailored physical activity and educational intervention at work-site to secondary prevention of non-specific sub acute or recurrent low back pain on office workers: "Look after your back"

**Submission date**
29/06/2010

**Recruitment status**
No longer recruiting

**Registration date**
06/07/2010

**Overall study status**
Completed

**Last Edited**
06/07/2010

**Condition category**
Musculoskeletal Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

**Contact name**
Prof Narcis Gusi

**Contact details**
Avda Universidad s/n
Caceres
Spain
10003

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

### Secondary identifying numbers
N/A

# Study information

### Scientific Title
Cost-effectiveness of an individual on line real-life computer-tailored physical activity and educational intervention at work-site to secondary prevention of non-specific sub acute and recurrent low back pain in office workers: blinded randomised controlled trial

### Acronym
CTE project

### Study objectives
1. An individual on line real-life computer-tailored physical activity and educational intervention at work-site with e-mail reminder will prevent moderate low-back pain on office workers
2. An individual on line real-life computer-tailored physical activity and educational intervention at work-site with e-mail reminder will reduce the risk of disability in patients with low back pain
3.An individual on line real-life computer-tailored physical activity and educational intervention at work-site with e-mail reminder will improve the quality of life n patients with low back pain
4. An individual on line real-life computer-tailored physical activity and educational intervention at work-site with e-mail reminder is a cost-effective addition to usual care in patients with low back pain

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
Biomedical Ethical Committee of the University of Extremadura approved on the 16th June 2010 (ref: 32/2010)

### Study design
Blinded randomised controlled trial

### Primary study design
Interventional

### Secondary study design
Randomised controlled trial

### Study setting(s)
Other

### Study type(s)
Prevention

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

### Health condition(s) or problem(s) studied
Non-specific low back pain

### Interventions
The participants will be randomly assigned to intervention or control group by a random table built by computer:
1. Interventional group: eight-month individual online real-life computer-tailored physical activity and educational intervention at work-site with an e-mail reminder
2. Control group: eight-month individual online real-life computer-tailored physical activity and educational intervention at work-site without a e-mail reminder

### Intervention Type
Other

### Phase
Not Applicable

### Primary outcome measure
Measured at baseline, three months and eight months:
1. Socio-sanitary costs (direct and indirects costs)
2. Functional and psychological disability in nonspecific low back pain (using Roland-Morris Questionnaire, the Oswestry Disability Index and the Start Back Tool [SBST])
3. Health-related quality of life (using the EuroQoL questionnaire [EQ-5D]) and their utilities to health economic analyses
4. Fitness and muscular function (using the handgrip strength test, Ito-Shirado and leg and back flexibility)

### Secondary outcome measures
1. Grade of satisfaction with programme
2. International Physical Activity Questionnaire (IPAQ)
3. Stage of change

### Overall study start date
16/06/2010

### Completion date
17/02/2011

## Eligibility

### Key inclusion criteria
1. Workers (aged 18 - 65 years, either sex) with subacute non-specific low back pain
2. Patient assessed by Preventive Medicine Services from University of Extremadura
3. Working with a computer and internet access at work
4. Informed consent

### Participant type(s)
Patient

### Age group

Adult

### Lower age limit
18 Years

### Upper age limit
65 Years

### Sex
Both

### Target number of participants
100

### Key exclusion criteria
1. Other major disease
2. Regular physical activity more than one day a week in the last 5 years
3. Any drug intake that may affect back pain significantly - to avoid external influences

### Date of first enrolment
16/06/2010

### Date of final enrolment
17/02/2011

## Locations

### Countries of recruitment
Spain

### Study participating centre
**Avda Universidad s/n**
Caceres
Spain
10003

## Sponsor information

### Organisation
University of Extremadura (Spain)

### Sponsor details

Avenida de Elvas, s/n
Badajoz
Spain
06071

**Sponsor type**
University/education

**Website**
http://www.unex.es

**ROR**
https://ror.org/0174shg90

# Funder(s)

**Funder type**
University/education

**Funder Name**
University of Extremadura (Spain)

# 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