Cost-effectiveness of an individual on line reallife 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 Recruitment status Prospectively registered 29/06/2010 No longer recruiting [ ] Protocol [ ] Statistical analysis plan Registration date Overall study status Completed 06/07/2010 [ ] Results [ ] Individual participant data Last Edited Condition category Record updated in last year Musculoskeletal Diseases 06/07/2010

# **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** 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

## Study type(s)

Prevention

## 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(s)

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)

#### Key secondary outcome(s))

- 1. Grade of satisfaction with programme
- 2. International Physical Activity Questionnaire (IPAQ)
- 3. Stage of change

### 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

### Healthy volunteers allowed

No

#### Age group

Adult

#### Lower age limit

18 years

#### Upper age limit

65 years

#### Sex

All

#### 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)

#### **ROR**

https://ror.org/0174shg90

# Funder(s)

# Funder type

University/education

#### **Funder Name**

University of Extremadura (Spain)

# **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?

Participant information sheet 11/11/2025 No Yes