

# The Amsterdam Graded Activity Study

<b>Submission date</b> 30/05/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/05/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 02/11/2022	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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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## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

The Amsterdam Graded Activity Study

### Acronym

AGAS

**Study objectives**

A behaviour-oriented physical exercise program (graded activity) is more effective than usual care in sick-listed workers with low back pain with regard to return to work, disability, pain and pain-related fears.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethics approval received from the local medical ethics committee

**Study design**

Randomised, single blinded, active controlled, parallel group trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Low back pain

**Interventions**

Graded activity:

The graded activity intervention consisted of two sessions of physical exercises a week until full return to regular work was achieved. The intervention was supervised by skilled physiotherapists. During the course of the intervention the load of the exercises was gradually increased towards a preset exercise goal, following a time-contingent exercise scheme. The exercise goals were connected with return-to-work goals. The intervention had a maximum duration of three months.

Usual care:

The workers who were allocated to the usual care group received the usual guidance by the occupational physician. There were no special requirements for other treatments except that the workers were not allowed to attend treatment sessions at the same physiotherapy practice where the workers of the graded activity group were treated.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Days of sick leave due to low back pain
2. Disability
3. Pain

**Key secondary outcome(s))**

Pain-related fears

**Completion date**

31/01/2002

## Eligibility

**Key inclusion criteria**

1. Sick leave because of non-specific low back pain. This could be either full or partial sick leave
2. A minimum duration of the complaints of four weeks in succession

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Total final enrolment**

134

**Key exclusion criteria**

1. Radiation below the knee in combination with signs of nerve root compression
2. Cardiovascular contra-indications for physical activity, as checked by the Physical Activities Readiness Questionnaire
3. A conflict between worker and employer with legal involvement
4. Pregnancy

**Date of first enrolment**

01/04/1999

**Date of final enrolment**

31/01/2002

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**

**Vrije University Medical Centre (VUMC)**  
Amsterdam  
Netherlands  
1007 MB

## Sponsor information

### Organisation

Vrije University Medical Centre (VUMC) (The Netherlands)

### ROR

<https://ror.org/00q6h8f30>

## Funder(s)

### Funder type

Government

### Funder Name

The Dutch Health Care Insurance Board (CVZ) (The Netherlands)

## Results and Publications

### Individual participant data (IPD) sharing plan

Not provided at time of registration

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		20/01/2004		Yes	No
<a href="#">Results article</a>		01/12/2005		Yes	No
<a href="#">Results article</a>		01/07/2007		Yes	No
<a href="#">Results article</a>		15/05/2008	02/11/2022	Yes	No