# The Amsterdam Graded Activity Study

[ ] Prospectively registered Submission date Recruitment status 30/05/2007 No longer recruiting [ ] Protocol [ ] Statistical analysis plan Registration date Overall study status 30/05/2007 Completed [X] Results [ ] Individual participant data Last Edited Condition category 02/11/2022 Musculoskeletal Diseases

### Plain English summary of protocol

Not provided at time of registration

### Contact information

**Type(s)**Scientific

#### Contact name

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### Additional identifiers

**EudraCT/CTIS** number

IRAS number

ClinicalTrials.gov number

**Secondary identifying numbers** 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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Treatment

### Participant information sheet

### 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 measure

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

### Secondary outcome measures

Pain-related fears

### Overall study start date

01/04/1999

### 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

### Age group

**Not Specified** 

#### Sex

**Not Specified** 

### Target number of participants

134

#### 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

# Date of final enrolment 31/01/2002

### Locations

### Countries of recruitment

Netherlands

Study participating centre
Vrije University Medical Centre (VUMC)
Amsterdam
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1007 MB

# Sponsor information

### Organisation

Vrije University Medical Centre (VUMC) (The Netherlands)

### Sponsor details

Department of Public and Occupational Health P.O. Box 7057 Amsterdam Netherlands 1007 MB

### Sponsor type

Hospital/treatment centre

#### Website

http://www.vumc.nl/english/

#### **ROR**

https://ror.org/00q6h8f30

# Funder(s)

### Funder type

Government

### Funder Name

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

## **Results and Publications**

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### 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?
Results article		20/01/2004		Yes	No
Results article		01/12/2005		Yes	No
Results article		01/07/2007		Yes	No
Results article		15/05/2008	02/11/2022	Yes	No