

HealthIT - Staff health, creativity, and health economy in IT and media companies

Submission date 21/07/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 22/07/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 07/01/2021	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> 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
N/A

Study information

Scientific Title

HealthIT - Staff health, creativity, and health economy in IT and media companies

Acronym

HealthIT

Study objectives

Stress and stress-related issues present increasing problems for individuals, companies, and society in general. Despite significant efforts, there are still no all-encompassing instruments to monitor individual daily stress, allowing application of preventive measures before the stress causes 'burn-out' and long-term sick leaves. Stress-related ill health has increased considerably during the past decades.

The aim of the study was to assess possible effects on mental and physical well-being, health economy and stress-related biological markers of a web-based stress management and health promotion tool.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled 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

Stress management

Interventions

Half of the participants were offered web-based health promotion and stress management training (intervention) lasting for 6 months, with a long-term post-intervention follow-up 6 months after the end of the study. All other participants constituted the reference group.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Self-ratings of stress and wellbeing at work and leisure time and sampling of biological /physiological markers.

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/03/2002

Completion date

01/03/2003

Eligibility**Key inclusion criteria**

Working employees at the enrolling departments of four information technology (IT) and two media companies.

Participant type(s)

Patient

Age group

Adult

Sex

Both

Target number of participants

317

Total final enrolment

303

Key exclusion criteria

Not working in the enrolling departments of the specific companies.

Date of first enrolment

01/03/2002

Date of final enrolment

01/03/2003

Locations

Countries of recruitment

Sweden

Study participating centre

Uppsala University

Uppsala

Sweden

SE-75185

Sponsor information

Organisation

Uppsala University (Sweden)

Sponsor details

Department of Public Health and Caring Sciences

Section for Social Medicine/CEOS

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SE-75185

Sponsor type

University/education

ROR

<https://ror.org/048a87296>

Funder(s)

Funder type

Industry

Funder Name

Alecta

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	25/07/2005	07/01/2021	Yes	No