

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

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

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## Additional identifiers

**Protocol serial number**  
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

**Study type(s)**

Treatment

**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(s)**

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

**Key secondary outcome(s)**

Not provided at time of registration

**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

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**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)

## ROR

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

## Funder(s)

### Funder type

Industry

### Funder Name

Alecta

## 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?
<a href="#">Results article</a>	results	25/07/2005	07/01/2021	Yes	No