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# Balance@Work: the (cost)-effectiveness of an occupational health guideline to improve physical activity and dietary behaviour among workers in order to prevent weight gain

**Submission date**
27/07/2009

**Recruitment status**
No longer recruiting

**Registration date**
02/09/2009

**Overall study status**
Completed

**Last Edited**
12/05/2014

**Condition category**
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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**
NTR1190

## Study information

## Scientific Title
The (cost)-effectiveness of an occupational health guideline to improve physical activity and dietary behaviour among workers in order to prevent weight gain: a randomised, controlled, parallel group, single blinded trial

## Acronym
Balance@Work

## Study objectives
The intervention group, receiving a lifestyle intervention, is expected to significantly improve their daily physical activity and dietary behaviour, and thus prevent weight gain compared to the control group at the short (6 months) and the longer term (12 months).

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Ethics Committee of the VU University Medical Centre ('Medisch Ethische Toetseingscommissie VU medisch centrum') approved on the 7th May 2009 (ref: 2009/002).

## Study design
Randomised controlled parallel group single blinded trial

## Primary study design
Interventional

## Study type(s)
Prevention

## Health condition(s) or problem(s) studied
Obesity prevention

## Interventions
The intervention is aimed at physical activity and dietary behaviour (both sides of the energy balance) in order to prevent weight gain. Using social ecological models and implementation intentions, respondents receive a tailored intervention by means of counselling based on motivational interviewing by occpational physicians. The control group receives care as usual.

Treatment in the intervention group is 6 months. Follow-up measurements in both groups take place at 6, 12, and 18 months after baseline.

## Intervention Type
Other

## Phase
Not Specified

## Primary outcome(s)
1. Physical activity, measured with the Squash questionnaire at baseline, 6, 12, and 18 months
2. Dietary behaviour, measured with the Short Fruit and Vegetable questionnaire and the Fat list

at baseline, 6, 12, and 18 months
3. Waist circumference, measured with the Seca 201 waist circumference measure at baseline, 6, 12, and 18 months
4. Body weight at baseline, 6, 12, and 18 months

### Key secondary outcome(s))
1. General health status (sedentary behaviour measured with the International Physical Activity Questionnaire [IPAQ], anthropometrics [body weight, body height, blood pressure and cholesterol] measured retrospectively) at baseline, 6, 12, and 18 months
2. Quality of life, measured with the EQ-5D questionnaire at baseline, 6, 12, and 18 months
3. Cardiovascular disease risk profile, calculated following SCORE at baseline, 6, 12, and 18 months
4. Sick leave, measured with the HPQ questionnaire at 3, 6, 9, 12, 15, and 18 months
5. Cost-effectiveness, measured with EQ-5D and HPQ data at 3, 6, 9, 12, 15, and 18 months

### Completion date
01/06/2011

## Eligibility

### Key inclusion criteria
1. Workers who do not comply to Dutch physical activity and nutrition guidelines, and/or workers who are overweight
2. Aged 18 - 55 years, either sex

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 years

### Sex
All

### Key exclusion criteria
1. Unable to be physically active
2. Not sufficiently capable of using the Dutch language
3. Not having signed an informed consent form
4. Sick leave for the last 3 weeks

### Date of first enrolment
01/06/2009

### Date of final enrolment

01/06/2011

# Locations

### Countries of recruitment
Netherlands

### Study participating centre
**Vrije University Medical Center**
Amsterdam
Netherlands
1081 BT

# Sponsor information

### Organisation
Vrije University Medical Centre (VUMC) (Netherlands)

### ROR
https://ror.org/00q6h8f30

# Funder(s)

### Funder type
Research organisation

### Funder Name
The Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)
(ref: 120510007)

# 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? |
|---|---|---|---|---|---|

| | | | | | |
|---|---|---|---|---|---|
| Results article | results | 14/12/2009 | | Yes | No |
| Results article | results | 01/07/2012 | | Yes | No |
| Results article | results | 01/05/2013 | | Yes | No |
| Other publications | economic evaluation | 01/09/2013 | | Yes | No |
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |
| Study website | Study website | 11/11/2025 | 11/11/2025 | No | Yes |