ISRCTN73545254 https://doi.org/10.1186/ISRCTN73545254

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

Study website
http://www.balanceatwork.org

Contact information

Type(s)
Scientific

Contact name
Ms Lisanne Verweij

Contact details
Vrije University Medical Center
EMGO+ Institute
Van der Boechorststraat 7
Amsterdam
Netherlands
1081 BT
+31 (0)20 444 9681
l.verweij@vumc.nl

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Prevention

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

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 measure
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

Secondary outcome measures
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

Overall study start date
01/06/2009

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

Age group

Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
600

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)

Sponsor details
EMGO+ Institute
Van der Boechorststraat 7
Amsterdam
Netherlands
1081 BT

+31 (0)20 444 9681
emgo@vumc.nl

Sponsor type
Hospital/treatment centre

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

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

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	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