

Promoting walking among office employees using pedometers and e-mail messages

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
15/12/2011	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
12/01/2012	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
29/08/2014	Other	

Plain English summary of protocol

Background and study aims

The purpose of this study is to evaluate a 6-month intervention to promote office employees walking using pedometers and e-mail messages.

Who can participate?

Office-based worksites and their employees are recruited to the study. Insufficiently physically active employees are selected for participation with a questionnaire.

What does the study involve?

Eligible employees are randomly allocated to one of two groups: either the pedometer group or the comparison group. The pedometer group participates in one group meeting and uses a pedometer and a logbook to monitor and set goals for increasing steps. In addition, pedometer group receives one email message per month from the occupational health care unit providing encouragement and tips for increasing the steps. The participants work towards increasing their steps during working and non-working time. Although moderate-intensity walking is emphasized the participants choose their own ways of increasing the steps. During the 6-month intervention the comparison group only completes the follow-up questionnaires, which will be delivered to all the participants at 2, 6 and 12 months. After the intervention the comparison group receives pedometers and the same information as the pedometer group.

What are the possible benefits and risks of participating?

Participants were given a pedometer, step-log and walking leaflet free of charge to support the increase of walking. They also participated in one group meeting informing about the benefits of physical activity and walking. Walking causes very few adverse effects and if they arise, they are minimal.

Where is the study run from?

The study was run exclusively from the UKK Institute for Health Promotion Research, Tampere, Finland.

When is the study starting and how long is it expected to run for?

The study ran from March 2009 to July 2010.

Who is funding the study?

The study is funded by the Finnish Work Environment Fund and Juho Vainion Säätiö (Finland).

Who is the main contact?

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Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

108098

Study information

Scientific Title

Promoting walking among office employees — evaluation of a randomized controlled intervention with pedometers and e-mail messages

Study objectives

Does the low-cost intervention enhance different types of walking and decrease sedentary time during the working and non-working day and is the study feasible?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee, UKK Institute, Tampere, Finland, 01/09/2009

Study design

Multicentre randomised controlled study

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Promotion of walking in workplace

Interventions

Participants were randomly allocated to one of two groups:

1. Pedometer group: one group meeting, pedometer use, step-logs and an e-mail message from occupational health care once a month
2. Comparison group: only follow-up questionnaires during the intervention but pedometers and all the information are provided after the intervention in a separate meeting

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

The following was measured using the modified International Physical Activity Questionnaire (IPAQ):

1. Walking at work
2. Walking for transportation
3. Walking for leisure
4. Walking stairs
5. Sedentary time during working and non-working day

Measured at baseline and followed up at 2, 6 and 12 months using questionnaires

Key secondary outcome(s))

No secondary outcome measures

Completion date

05/07/2010

Eligibility

Key inclusion criteria

1. Office-based work
2. Ability to use email
3. No physical restrictions for physical activity
4. Insufficiently physically active according to the current physical activity recommendations

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

17/03/2009

Date of final enrolment

05/07/2010

Locations

Countries of recruitment

Finland

Study participating centre

PO Box 30

Tampere

Finland

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Sponsor information

Organisation

The UKK Institute (Finland)

Funder(s)

Funder type

Government

Funder Name

The Finnish Work Environment Fund (Finland) ref: 108098

Funder Name

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	06/06/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes