

Efficacy of interdisciplinary health programme in the prevention of work-related physical complaints

Submission date 18/09/2008	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 23/10/2008	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 23/10/2008	Condition category Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Prevention of work-related physical complaints: a randomised clinical trial with one year follow-up

Study objectives

A client-centred interdisciplinary prevention programme is effective in reducing absenteeism in consequence of work-related physical complaints.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Board of Free University Brussels, approval submitted 18th August 2008.

Study design

Single centre randomised clinical trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Work-related physical complaints

Interventions

Participants of a client-centred interdisciplinary primary prevention programme are compared to controls only receiving activities of the usual primary prevention policy in the hospital.

The interdisciplinary programme consists of 11 group sessions of one hour and 3 individual 1-hour sessions (spread over 3 months). Throughout the programme, participants are informed and work on topics concerning physical activity, diet, ergonomics and coping.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

At baseline, 3 months post-baseline, 6 months post-baseline and 12 months post-baseline:

1. Rate of absenteeism
2. 36-item Short Form Health Survey (SF-36): quality of life

Key secondary outcome(s)

At baseline, post-intervention, 3 months post-baseline and 12 months post-baseline:

1. Eurofit (physical fitness test)
2. Baecke (questionnaire physical activity in daily life)
3. Work APGAR test: job satisfaction
4. Utrecht Coping List (UCL): coping

Completion date

01/11/2009

Eligibility

Key inclusion criteria

1. Nurses, physical therapists and occupational therapists (18 - 65 years, either sex) working with patients in a general hospital
2. During the latest 12 months: maximum 4 weeks of absenteeism due to work-related physical complaints

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Serious neurological, orthopaedic, cardiovascular or internal diseases
2. Overweight (body mass index [BMI] less than 32 kg/m²)
3. Drug or alcohol abuse
4. Pregnancy

Date of first enrolment

01/10/2008

Date of final enrolment

01/11/2009

Locations

Countries of recruitment

Belgium

Study participating centre

Artesis University College of Antwerp

Merksem

Belgium

B-2170

Sponsor information

Organisation

Artesis University College of Antwerp (Belgium)

ROR

<https://ror.org/0075f1c08>

Funder(s)

Funder type

University/education

Funder Name

Artesis University College of Antwerp (Belgium) - project-based scientific research (ref: G838)

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes