

# "Step by Step": promoting lunchtime walking to increase physical activity and improve mental well-being in sedentary employees

<b>Submission date</b> 25/06/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 10/08/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 29/08/2018	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

**Study website**  
<http://www.bhamstep.co.uk>

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

NCT01150084

## **Secondary identifying numbers**

TBF-08-004

# **Study information**

## **Scientific Title**

"Step by Step": a feasibility study of the promotion of lunchtime walking to increase physical activity and improve mental well-being in sedentary employees

## **Acronym**

Step by Step

## **Study objectives**

To examine the feasibility of a sixteen-week lunchtime walking intervention designed to

1. Promote regular walking, and
2. Improve psycho-social well-being and work performance in sedentary employees

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

University of Birmingham Life and Health Sciences Ethical Review Committee approved on the 31st March 2009 (ref: ERN\_09-154)

## **Study design**

Randomised waiting list controlled feasibility study

## **Primary study design**

Interventional

## **Secondary study design**

Randomised controlled trial

## **Study setting(s)**

Other

## **Study type(s)**

Quality of life

## **Participant information sheet**

Can be found on <http://www.bhamstep.co.uk>

## **Health condition(s) or problem(s) studied**

Physical inactivity/sedentary lifestyles

## **Interventions**

A sixteen week randomised controlled trial, in which eligible participants will be randomised to an intervention and a waiting-list control group (to start at 10 weeks). The intervention will

consist of a group support phase (weeks 1 - 10) and an independence phase (weeks 11 - 16). During the group-support phase, the participants will be asked to join in three weekly lunchtime walks of thirty minutes duration in a facilitator-led group (maximum of 12 per group), and will be challenged to accumulate 60 minutes of walking during the weekend. This would meet national recommendations of 150 minutes/week. The participants will be prompted to add their daily step count in log books at the end of every day. They will also receive two autonomy-supportive messages via a provided smartphone (used for monitoring and motivational purposes) per week during the group phase.

During the independence phase, the group walks will cease to exist on a formal basis, and the participants will be encouraged to engage in a minimum of three weekly lunchtime walks plus two in the week-ends. Formation of smaller informal groups will be recommended. Three weekly autonomy-supportive messages will be provided.

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome measure**

1. Step counts: measured daily (week 1 - 16)
2. Numbers of walks attended: measured weekly (week 1 - 10)

### **Secondary outcome measures**

1. Job affect
2. Momentary job satisfaction: measured twice per day on two days per week (weeks 1 - 16)
3. Self-reported and manager ratings of work performance: measured at baseline (week 0) and week 17
4. Life satisfaction: measured at week 0, week 17 and 4 month follow-up
5. Subjective vitality: measured at week 0, week 17 and 4 month follow-up
6. Cardiovascular fitness: measured at week 0 and week 17
7. Self-reported levels of physical activity: measured at week 0, week 17 and 4 month follow-up

### **Overall study start date**

07/09/2009

### **Completion date**

01/03/2011

## **Eligibility**

### **Key inclusion criteria**

1. Healthy
2. Mobile
3. Aged 18 - 65 years, either sex
4. Employed in a sedentary job
5. Engaging in less than 30 minutes of moderate intensity physical activity five times per week

### **Participant type(s)**

Healthy volunteer

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

65 Years

**Sex**

Both

**Target number of participants**

68

**Key exclusion criteria**

1. Significant auditory or visual problems
2. Severe musculoskeletal disorders that prevent them from engaging in physical activity
3. Medical clearance will be requested for those who report any cardiovascular disease

**Date of first enrolment**

07/09/2009

**Date of final enrolment**

01/03/2011

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

University of Birmingham

Birmingham

United Kingdom

B15 2TT

## **Sponsor information**

**Organisation**

University of Birmingham (UK)

**Sponsor details**

Edgbaston  
Birmingham  
England  
United Kingdom  
B15 2TT

**Sponsor type**

University/education

**Website**

<http://www.bham.ac.uk/>

**ROR**

<https://ror.org/03angcq70>

**Funder(s)****Funder type**

Charity

**Funder Name**

BUPA Foundation (UK)

**Alternative Name(s)****Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

United Kingdom

**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?
<a href="#">Protocol article</a>	protocol	27/09/2010		Yes	No
<a href="#">Results article</a>	results	01/12/2015		Yes	No