

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

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

ClinicalTrials.gov (NCT)
NCT01150084

Protocol serial number
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

Intentional

Study type(s)

Quality of life

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(s)

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

Key secondary outcome(s)

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

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

65 years

Sex

All

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

United Kingdom

England

Study participating centre

University of Birmingham

Birmingham

United Kingdom

B15 2TT

Sponsor information

Organisation

University of Birmingham (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

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	01/12/2015		Yes	No
Protocol article	protocol	27/09/2010		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