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

Submission date	Recruitment status No longer recruiting	Prospectively registered		
25/06/2010		[X] Protocol		
Registration date	Overall study status	Statistical analysis plan		
10/08/2010	Completed	[X] Results		
Last Edited	Condition category	[] Individual participant data		
29/08/2018	Other			

#### Plain English summary of protocol

Not provided at time of registration

#### Contact information

#### Type(s)

Scientific

#### Contact name

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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

Interventional

#### 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	<b>Details</b> results	Date created Date added Peer reviewed? Patient-facing?			
Results article		01/12/2015		Yes	No
Protocol article	protocol	27/09/2010		Yes	No
Participant information sheet	Participant information sheet	11/11/2025 1	11/11/2025	No	Yes
Study website	Study website	11/11/2025 1	11/11/2025	No	Yes