

# The (cost-) effectiveness of a lifestyle physical activity intervention in addition to a work style intervention on the recovery from neck and upper limb symptoms in computer workers

**Submission date**  
19/06/2006

**Recruitment status**  
No longer recruiting

☐ Prospectively registered  
☒ Protocol

**Registration date**  
04/08/2006

**Overall study status**  
Completed

☐ Statistical analysis plan  
☒ Results

**Last Edited**  
14/09/2011

**Condition category**  
Musculoskeletal Diseases

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

# Study information

## Scientific Title

### Acronym

RSI@Work study

### Study objectives

A lifestyle physical activity intervention has an added value in addition to a work style intervention focused on ergonomics, breaks and coping with high work demands on the recovery from neck and upper limb symptoms in computer workers.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

The study was approved by the medical ethics committee of the VU University Medical Center (07/09/2004), protocol number 2004/027.

### Study design

Randomised controlled trial with two intervention groups and a control group.

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Other

### Study type(s)

Treatment

## Participant information sheet

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

Neck and upper limb symptoms

### Interventions

The interventions for the two intervention groups both consist of six group meetings in a six month period that take place at the workplace, during work time and under the supervision of a specially trained counsellor. In both intervention groups the goal of the group meetings is to improve workplace ergonomics, the number and quality of breaks and coping behaviour with regard to high work demands. In the work style and physical activity group the additional goal is to increase moderate to heavy physical activity. Both intervention groups are compared with a control group that does not receive any advice.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

1. Degree of recovery
2. Pain intensity
3. Disability
4. Presence and number of days with neck and upper limb symptoms
5. Number of months without neck and upper limb symptoms

**Secondary outcome measures**

1. Physical activity
2. Body posture and workplace ergonomics
3. The use of breaks and exercise reminder software
4. Extrinsic effort and reward
5. Decision authority
6. Phase of behavioral change with regard to physical activity and work style
7. Cardiorespiratory fitness
8. Maximum grip strength
9. Absenteeism
10. Worker productivity

**Overall study start date**

01/10/2002

**Completion date**

01/10/2005

**Eligibility****Key inclusion criteria**

1. Computer workers aged 18-64
2. Frequent or long-term neck and upper limb symptoms in the preceding six months
3. Frequent or long-term neck and upper limb symptoms in the preceding two weeks

By using a six month period and a two week period, we intend to include workers with chronic and recurrent symptoms as well as workers with recent symptoms.

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

64 Years

**Sex**

Both

**Target number of participants**

405 computer workers with neck and upper limb symptoms

**Key exclusion criteria**

1. Performing computer work at less than three days a week or during less than three hours a day
2. A working contract shorter than one year
3. Under care of a doctor or (physical) therapist for complaints in the neck, shoulders arms, wrists and/or hands
4. Non-work related pathologies or clear somatic afflictions (e.g. rheumatoid arthritis, cervical hernia, tennis elbow, carpal tunnel syndrome)
5. Sickness absence of 50% or more
6. Pregnant

**Date of first enrolment**

01/10/2002

**Date of final enrolment**

01/10/2005

**Locations****Countries of recruitment**

Netherlands

**Study participating centre**

P.O. Box 2215

Leiden

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2301 CE

**Sponsor information****Organisation**

Institute for Research in Extramural Medicine (The Netherlands)

**Sponsor details**

Research Center Physical Activity

Work and Health

TNO-VUmc

VU University Medical Center  
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**Sponsor type**

Research organisation

**Website**

<http://www.bodyatwork.nl>

**ROR**

<https://ror.org/0258apj61>

## Funder(s)

**Funder type**

Research organisation

**Funder Name**

Institute for Research in Extramural Medicine of the VU University Medical Center (EMGO-institute) and TNO Quality of Life (Netherlands). The study is internally funded.

## 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	24/10/2006		Yes	No
<a href="#">Results article</a>	results	01/11/2007		Yes	No
	results				

[Results article](#)

01/04/2011

Yes

No