

# Just-in-time delivered planning intervention to enhance assertiveness during conversations at the workplace among apprentices

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<b>Registration date</b> 08/08/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 07/08/2017	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Life skill training typically includes several elements from models of health behaviour change, such as motivation, self-efficacy, and planning processes. However, the effectiveness of these single components within comprehensive programs has not been addressed so far, but could give valuable insights for the development of future digital health behaviour change interventions. Just-in-time interventions provided via mobile devices (i.e., text messages) are intended to help people “in the moment”, and thus have a near-future impact. Implementation intentions (i.e., if-then-plans) are a promising intervention component within digital interventions to increase specific social competencies like assertiveness during conversations at the workplace. However, the effectiveness of this single element within a comprehensive life skills program has not been addressed so far, but could give valuable insights for the development of future interventions. Therefore, the aim of this study is to test the impact of such just-in-time delivered interventions on assertiveness during conversations at the workplace among apprentices.

### Who can participate?

Adolescents aged 16 or over who are attending vocational training

### What does the study involve?

On six working days, 1 hour before apprentices are on their way to work, participants are randomly allocated to either receive an intervention to receive no intervention. The intervention includes two text messages: one text message where they choose one of two predetermined if-then plans to enhance assertiveness during conversations at the workplace, and another text message prompt to visualize the chosen plan. Assertiveness is assessed 11 hours later in both groups. After a period of at least 2 weeks participants receive the opposite intervention and assertiveness is assessed again.

### What are the possible benefits and risks of participating?

Assertiveness during conversations at the workplace may be higher after receiving the text message. No risks of participation are expected.

Where is the study run from?

1. Swiss Research Institute for Public Health and Addiction (Switzerland)
2. University of Zurich, Applied Social and Health Psychology (Switzerland)

When is the study starting and how long is it expected to run for?

August 2017 to December 2018

Who is funding the study?

1. Swiss Research Institute for Public Health and Addiction (Switzerland)
2. University of Zurich, Applied Social and Health Psychology (Switzerland)

Who is the main contact?

Dr Theda Radtke

theda.radtke@psychologie.uzh.ch

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Theda Radtke

**ORCID ID**

<http://orcid.org/0000-0003-1228-1834>

**Contact details**

Binzmühlestrasse 14/14

Zurich

Switzerland

8050

+41 (0)44 635 72 55

Theda.Radtke@uzh.ch

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

16.6.2

## Study information

**Scientific Title**

Efficacy of a just-in-time delivered planning intervention to enhance assertiveness during conversations at the workplace among apprentices: a micro-randomized controlled trial

**Acronym**

MRCT Assertiveness

**Study objectives**

1. On days adolescents receive the just-in-time delivered planning intervention, adolescents report higher levels of assertiveness during conversations at the workplace compared to days without the just-in-time delivered planning intervention.
2. Adolescents with higher intentions to enhance their level of assertiveness during conversations at the workplace will benefit from the just-in-time delivered planning intervention to a higher degree compared to adolescents with lower intentions.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethics committee of the Faculty of Philosophy at the University of Zurich, 26/09/2016, ref. 16.6.2

**Study design**

Micro-randomized controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised cross over trial

**Study setting(s)**

Other

**Study type(s)**

Prevention

**Participant information sheet**

Not available in web format, please use the contact details to request a patient information sheet

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

Assertiveness

**Interventions**

Participants receive the just-in-time delivered planning intervention to enhance assertiveness during conversations at the workplace when expressing one's own opinion in conversations with others on a working day. The intervention is delivered 1 hour before apprentices are on their way to work. In case of shift work the intervention is delivered at 6am. The study has an AB/BA crossover design, in which each participant receives the intervention and the control in a randomized order. The randomization sequence will be created using computerized random numbers. There is a period of at least 2 weeks between the intervention and control.

Intervention points in time include:

1. Assessment of state of receptivity via SMS text message question ("Are you working today?")

on one of their typically indicated working day, one hour before apprentices are on their way to work.

2. Confirmation of receptivity by a text message reply ("Yes") from the participant.

3. The digital micro intervention where participants can choose one of two predetermined if-then plans to enhance assertiveness during conversations at the workplace via SMS text messaging and another text message prompt to visualize the chosen plan.

Control points in time only include 1 and 2.

Follow-up assessments will be conducted in both intervention and control points in time 11 hours after the assessment of state of receptivity and the random allocation to one of the two intervention conditions.

### **Intervention Type**

Behavioural

### **Primary outcome measure**

Assertiveness during conversations at the workplace when expressing one's own opinion in conversations with others, assessed with one item measure 11 hours after the assessment of state of receptivity and the random allocation to one of the two intervention conditions.

### **Secondary outcome measures**

No secondary outcome measures

### **Overall study start date**

01/05/2017

### **Completion date**

31/12/2018

## **Eligibility**

### **Key inclusion criteria**

1. Ownership of a mobile phone

2. A level of assertiveness during conversations at the workplace when expressing one's own opinion in conversations with others that is below 5, measured on a Likert scale ranging from 1 (very low) to 5 (very high)

3. Aged 16 or over

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

Healthy volunteer

### **Age group**

Mixed

### **Sex**

Both

### **Target number of participants**

130 per condition (including a dropout rate of 30%)

**Key exclusion criteria**

1. A level of assertiveness during conversations at the workplace when expressing one's own opinion in conversations with others that is 5, measured on a Likert scale ranging from 1 (very low) to 5 (very high)
2. Age < 16
3. No vocational training at intervention day

**Date of first enrolment**

09/08/2017

**Date of final enrolment**

31/12/2017

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

Switzerland

**Study participating centre**

Swiss Research Institute for Public Health and Addiction

Konradstrasse 32

Zurich

Switzerland

8031

**Sponsor information****Organisation**

Swiss Research Institute for Public Health and Addiction

**Sponsor details**

Konradstrasse 32

Zurich

Switzerland

8031

+41 (0)44 448 11 74

severin.haug@isgf.uzh.ch

**Sponsor type**

University/education

**Website**

[www.isgf.ch](http://www.isgf.ch)

**Organisation**

University of Zurich

**Sponsor details**

Applied Social and Health Psychology

Binzmühlestrasse 14/14

Zurich

Switzerland

8050

+41 (0)44 635 72 55

Theda.Radtke@uzh.ch

**Sponsor type**

University/education

**Website**

<http://www.psychologie.uzh.ch/de/fachrichtungen/angsoz.html>

**Organisation**

University of Zurich

**Sponsor details****Sponsor type**

Not defined

**Website**

[http://www.uzh.ch/index\\_en.html](http://www.uzh.ch/index_en.html)

**ROR**

<https://ror.org/02crff812>

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

University/education

**Funder Name**

Swiss Research Institute for Public Health and Addiction

**Funder Name**

Universität Zürich

**Alternative Name(s)**

University of Zurich, Switzerland, University of Zurich, UZH

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

Switzerland

## **Results and Publications**

**Publication and dissemination plan**

Planned publication in a psychological peer reviewed journal around one year after the overall trial end date. No other documents will be available.

**Intention to publish date**

31/12/2019

**Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study are/will be available upon request from Dr Severin Haug (severin.haug@isgf.uzh.ch). Individual participant data will be available (including data dictionaries). Individual participant data that underlie the results reported in our article, after deidentification (text, tables, figures, and appendices) will be shared. Data will be available beginning 9 months and ending 36 months following article publication. Researchers who provide a methodologically sound proposal will be able to get access to the data. Data will be provided for analyses to achieve aims in the approved proposal and for individual participant data meta-analysis. To gain access, data requestors will need to sign a data access agreement.

**IPD sharing plan summary**

Available on request