

# Increasing physical activity: designing and testing a workplace intervention

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<b>Registration date</b> 18/06/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 29/08/2013	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

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

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Rebecca Lawton

**Contact details**  
Woodhouse Lane  
Leeds  
United Kingdom  
LS2 9JT  
r.j.lawton@leeds.ac.uk

## Additional identifiers

**Protocol serial number**  
3025

## Study information

### Scientific Title

A multicentre randomised interventional prevention trial to develop and evaluate a flexible intervention to promote physical activity within worksites

### Study objectives

The aim of the project was to develop and evaluate a flexible and problem-based intervention to promote physical activity within the workplace that requires no previous experience and could be implemented in any organisation. The intervention targeted mainly employees in low physical activity occupations and produced in an easy-to-implement tool-kit format. The intervention was evaluated in a quasi-experimental design involving 44 worksites across five large organisations. Half the worksites were randomly allocated to the intervention condition (being exposed to the whole intervention) and the remainder were allocated to the control group (who received the awareness component of the intervention only).

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

1. Exploratory phase: South Sheffield Research Ethics Committee approved on the 3rd November 2006 (ref: 06/Q2305/159)
2. Main trial: South Sheffield Research Ethics Committee approved on the 11th October 2007 (ref: 07/H1309/90)

### **Study design**

Multicentre randomised interventional prevention trial

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

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

Topic: Generic Health Relevance and Cross Cutting Themes; Subtopic: Generic Health Relevance (all Subtopics); Disease: Public Health Research

### **Interventions**

Awareness, Motivation and Environment (AME):

Using leaflets, self-monitoring tools and team challenges, and thus focused on making changes at the individual level (awareness and motivation) but also encouraged changes in individuals' workplaces (environment) such as providing resources to encourage physical activity, posters to cue people to engage in physical activity and managers who support time spent in physical activity.

The control group received a short lifestyle advice leaflet, covering eating, physical activity, smoking, when they attended for their healthcheck etc.

Participants in the intervention group received a three month intervention delivered via a worksite facilitator and were followed up immediately post-intervention, as well as 3 months and 9 months after the intervention ended.

### **Intervention Type**

Other

### **Phase**

Not Applicable

**Primary outcome(s)**

International Physical Activity Questionnaire, measured at baseline, immediately post-intervention (3 months), 6 months post-intervention and 9 months post-intervention.

**Key secondary outcome(s)**

1. Body mass index (BMI)
2. % body fat
3. Resting heart rate
4. Diastolic and systolic blood pressure

Measured at baseline and again 12 months later.

**Completion date**

01/10/2009

## Eligibility

**Key inclusion criteria**

Members of staff working at three organisations - a large bus company, a Welsh city council and a large teaching hospital (aged 18 - 65 years, either sex)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

Anyone for whom physical activity would be dangerous to health

**Date of first enrolment**

01/10/2006

**Date of final enrolment**

01/10/2009

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Woodhouse Lane

Leeds

United Kingdom

LS2 9JT

## Sponsor information

**Organisation**

University of Leeds (UK)

**ROR**

<https://ror.org/024mrx33>

## Funder(s)

**Funder type**

Research organisation

**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?
<a href="#">Results article</a>	results	11/04/2011		Yes	No