

Increasing physical activity: designing and testing a workplace intervention

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		<input type="checkbox"/> Protocol
Registration date 18/06/2010	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 29/08/2013	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

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?
Results article	results	11/04/2011		Yes	No