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The Computer Automated Pause Software (CAPS) study: randomised controlled trial in the effectiveness of pause software in VDU workers

Submission date
04/08/2005

Recruitment status
No longer recruiting

Registration date
04/08/2005

Overall study status
Completed

Last Edited
04/06/2019

Condition category
Injury, Occupational Diseases, Poisoning

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr E M Meijer

Contact details
Academic Medical Center (AMC)
Coronel Institute for Occupational and Environmental Health
P.O. Box 22660
Meibergdreef 9
Amsterdam
Netherlands
1100 DE
+31 (0)20 566 2799
e.m.meijer@amc.uva.nl

Additional identifiers

Protocol serial number
NTR44

Study information

Scientific Title
The Computer Automated Pause Software (CAPS) study: randomised controlled trial in the effectiveness of pause software in VDU workers for prevention of work related upper extremity complaints

Acronym
CAPS study

Study objectives
Complaints of arm, neck, shoulders, non-specific pain of the upper extremities, repetitive strain injury (RSI).

The aim of this study is twofold: on the one hand to investigate whether use of break software reduces risk factors in VDU work and on the other hand whether RSI complaints are prevented and reduced.

Research questions:
1. Does the use of break software lead to a reduction of RSI risk factors in VDU workers, compared to not using break software?
2. Does efficient use of break software lead to prevention of RSI complaints in VDU workers compared to VDU workers that do not have break software to their disposal?
3. Does efficient use of break software lead to a reduction of existing RSI complaints in VDU workers compared to VDU workers that do not have break software to their disposal?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised, single-blinded, active controlled, parallel group trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Repetitive strain injury (RSI)

Interventions
The intervention group will have break software at their disposal in an active way: they will know how to set up and use the software and will have background information on the possible benefits of the break software.

The control group will not have break software at their disposal.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Main outcomes are prevalence and incidence of RSI risk factors and complaints. A worker will be defined as an RSI case if symptoms are present on at least 4 days during at least 1 week in the last 12 months. Symptoms have to be present in one or more of the upper extremity body regions: neck, upper back, shoulder, elbow, forearm, wrist and/or hand (SALTSA definition).
2. Duration of computer use will be registered with WorkPace registration software
3. Complaints will be measured with the QuickDASH questionnaire. Pain and complaints in the previous 24 hours will be measured with a Visual Analogue Scale. The average pain intensity will be evaluated by the worker on an 11-point numerical scale ranging from 0 (no pain) to 10 (as much as can be imagined).

Key secondary outcome(s)
1. Data on costs will be gathered from several sources
2. Data on sick leave will be gathered from the company's registration
3. Direct costs (visits to the general practitioner etc.) due to upper limb musculoskeletal disorders will be gathered by questionnaire
4. Data on productivity will be collected by registering the amount of processed claims

Completion date
28/02/2007

Eligibility

Key inclusion criteria
Workers with at least 4 hours of VDU work per day. In light of the prevalence of complaints, a maximum of 40% of the included workers will have (or will have had) RSI complaints.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Total final enrolment
354

Key exclusion criteria
All other than the inclusion criteria.

Date of first enrolment

22/08/2005

Date of final enrolment
28/02/2007

Locations

Countries of recruitment
Netherlands

Study participating centre
Academic Medical Center (AMC)
Amsterdam
Netherlands
1100 DE

Sponsor information

Organisation
Academic Medical Center (AMC) (The Netherlands)

ROR
https://ror.org/03t4gr691

Funder(s)

Funder type
Government

Funder Name
The Ministry of Social Affairs and Employment (The Netherlands)

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	01/05/2009	04/06/2019	Yes	No