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A user study of a web service for fostering the positive side of stress

Submission date
09/08/2019

Recruitment status
No longer recruiting

Registration date
03/09/2019

Overall study status
Completed

Last Edited
11/05/2020

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol

Background and study aims
Digital services have been found promising in managing different aspects of health, also stress. We developed a web service for cultivating the positive side of stress based on the stress experiences of entrepreneurs. Our research objectives are to study the acceptance and usage of the Eustress Toolbox web service, and based on the findings, provide design implications to support the design of digital well-being services, especially in the entrepreneurial context.

Who can participate?
Our study is intended for entrepreneurs and people having an entrepreneur-type job description.

What does the study involve?
The study involves participating in a kick-off session, using the web service “Eustress Toolbox” for 6 weeks as a part of one’s daily life, responding to study questionnaires on work engagement, stress and user experience of the service. In addition, half of the participants are interviewed after the 6-week period of service use.

What are the possible benefits and risks of participating?
The participants may learn new skills related to occupational well-being. The participants are reimbursed with movie tickets; the participants attending to a final interview received four movie tickets each and other participants two movie tickets. Participation does not involve risks for the participants.

Where is the study run from?
The study is conducted in Finland by the researchers of VTT Technical Research Centre of Finland Ltd and Tampere University.

When is the study starting and how long is it expected to run for?
June 2015 to December 2015.

Who is funding the study?
The study is funded by Tekes - the Finnish Funding Agency for Technology and Innovation, VTT Technical Research Centre of Finland Ltd and Tampere University.

Who is the main contact?
The main contact is Päivi Heikkilä (paivi.heikkila@vtt.fi) from VTT Technical Research Centre of Finland Ltd.

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Study information

Scientific Title
Field Study of a Web Service for Stimulating the Positive Side of Stress: Entrepreneurs' Experiences and Design Implications

Acronym
N/A

Study objectives
The study evaluated user acceptance and experience of a web service for promoting skills for experiencing positive stress.

Ethics approval required
Old ethics approval format

Ethics approval(s)
This study did not require ethics approval according to the guidelines of the Ethics Committee of the Tampere region. The study was conducted with adult volunteers who gave informed consent, the study did not involve intervention with physical integrity of participants, or did not expose them to risks regarding to their mental health and safety. More information: https://www.tuni.fi/en/research/responsible-research/ethical-reviews-in-human-sciences

Primary study design

Other

Study design
A single-arm 6-week field study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Occupational well-being and eustress skills of entrepreneurs and entrepreneur-type employees..

Interventions
The selection of participants is made based on a recruitment questionnaire to include entrepreneurs or people having an entrepreneur-like job description. The selected participants first respond to an online questionnaire on stress and work engagement. All participants are invited to a kick-off session, which introduces the phenomenon of positive stress, the study procedures and the web service to be tested. After that, they start using the web service independently, as a part of their daily life, during a six-week period. After about two weeks of use, they receive an online user experience questionnaire of their first impressions of the service, and at the end of the period, a final user experience questionnaire and the same stress and work engagement questionnaires as at baseline. Finally, about half of the participants are interviewed to deepen the data obtained with questionnaires.

Intervention Type
Behavioural

Primary outcome(s)
User acceptance and experience, development needs and design implications are measured with two questionnaires at 2 weeks and 6 weeks, and a final interview at 6 weeks.

Key secondary outcome(s)
1. Usage activity of the web service is determined using log files after the 6-week usage period.
2. Perceived stress is measured using the Perceived Stress Scale at baseline and after the 6-week usage period.
3. Work engagement is measured using the Utrecht Work Engagement Scale at baseline and after the 6-week usage period.
4. Perceived benefits of the service are measured with two single-item scales on positive and negative stress after 6-week usage period as a part of the final user experience questionnaire.

Completion date
31/12/2015

Eligibility

Key inclusion criteria
Entrepreneur or employee with an entrepreneur-type job description.

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Total final enrolment
22

Key exclusion criteria
N/A

Date of first enrolment
15/09/2015

Date of final enrolment
21/10/2015

Locations

Countries of recruitment
Finland

Study participating centre
VTT Technical Research Centre of Finland Ltd.
P. O. Box 1300
Tampere
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FI-33101

Study participating centre
Tampere University
Tampere
Finland
FI-33014

Sponsor information

Organisation
VTT Technical Research Centre of Finland Ltd

ROR
https://ror.org/04b181w54

Funder(s)

Funder type
Government

Funder Name
Tekes

Alternative Name(s)
Finnish Funding Agency for Innovation

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
Finland

Funder Name
Teknologian Tutkimuskeskus VTT

Alternative Name(s)
VTT Technical Research Centre of Finland

Funding Body Type
Private sector organisation

Funding Body Subtype
For-profit companies (industry)

Location
Finland

Funder Name
Tampereen Yliopisto

Alternative Name(s)

University of Tampere, UTA

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
Finland

Results and Publications

Individual participant data (IPD) sharing plan
We can provide anonymous data for specified research questions. The data includes usage log data, as well as data from stress and work engagement questionnaires and user experience questionnaires without open-ended questions and demographic information, which may reveal the identity of the participants. The data is in Finnish and can be requested from Päivi Heikkilä, VTT Technical Research Centre of Finland Ltd.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	28/10/2019	11/05/2020	Yes	No