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Cost-effectiveness of an individual on line real-life computer-tailored physical activity and educational intervention at work-site to secondary prevention of non-specific sub acute or recurrent low back pain on office workers: "Look after your back"

Submission date	Recruitment status	[ ] Prospectively registered
29/06/2010	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
06/07/2010	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
06/07/2010	Musculoskeletal Diseases	[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title

Cost-effectiveness of an individual on line real-life computer-tailored physical activity and educational intervention at work-site to secondary prevention of non-specific sub acute and recurrent low back pain in office workers: blinded randomised controlled trial

Acronym
CTE project

Study objectives
1. An individual on line real-life computer-tailored physical activity and educational intervention at work-site with e-mail reminder will prevent moderate low-back pain on office workers
2. An individual on line real-life computer-tailored physical activity and educational intervention at work-site with e-mail reminder will reduce the risk of disability in patients with low back pain
3.An individual on line real-life computer-tailored physical activity and educational intervention at work-site with e-mail reminder will improve the quality of life n patients with low back pain
4. An individual on line real-life computer-tailored physical activity and educational intervention at work-site with e-mail reminder is a cost-effective addition to usual care in patients with low back pain

Ethics approval required
Old ethics approval format

Ethics approval(s)
Biomedical Ethical Committee of the University of Extremadura approved on the 16th June 2010 (ref: 32/2010)

Primary study design
Interventional

Study design
Blinded randomised controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Non-specific low back pain

Interventions
The participants will be randomly assigned to intervention or control group by a random table built by computer:
1. Interventional group: eight-month individual online real-life computer-tailored physical activity and educational intervention at work-site with an e-mail reminder
2. Control group: eight-month individual online real-life computer-tailored physical activity and educational intervention at work-site without a e-mail reminder

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Measured at baseline, three months and eight months:
1. Socio-sanitary costs (direct and indirects costs)
2. Functional and psychological disability in nonspecific low back pain (using Roland-Morris Questionnaire, the Oswestry Disability Index and the Start Back Tool [SBST])
3. Health-related quality of life (using the EuroQoL questionnaire [EQ-5D]) and their utilities to health economic analyses
4. Fitness and muscular function (using the handgrip strength test, Ito-Shirado and leg and back flexibility)

Key secondary outcome(s)
1. Grade of satisfaction with programme
2. International Physical Activity Questionnaire (IPAQ)
3. Stage of change

Completion date
17/02/2011

Eligibility

Key inclusion criteria
1. Workers (aged 18 - 65 years, either sex) with subacute non-specific low back pain
2. Patient assessed by Preventive Medicine Services from University of Extremadura
3. Working with a computer and internet access at work
4. Informed consent

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
All

Key exclusion criteria
1. Other major disease
2. Regular physical activity more than one day a week in the last 5 years
3. Any drug intake that may affect back pain significantly - to avoid external influences

Date of first enrolment
16/06/2010

Date of final enrolment
17/02/2011

Locations

Countries of recruitment
Spain

Study participating centre
Avda Universidad s/n
Caceres
Spain
10003

Sponsor information

Organisation
University of Extremadura (Spain)

ROR
https://ror.org/0174shg90

Funder(s)

Funder type
University/education

Funder Name
University of Extremadura (Spain)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration