

# Move more for mental health and well-being

|                                        |                                                               |                                                      |
|----------------------------------------|---------------------------------------------------------------|------------------------------------------------------|
| <b>Submission date</b><br>05/06/2020   | <b>Recruitment status</b><br>No longer recruiting             | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>03/07/2020 | <b>Overall study status</b><br>Completed                      | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>12/11/2021       | <b>Condition category</b><br>Mental and Behavioural Disorders | <input type="checkbox"/> Statistical analysis plan   |
|                                        |                                                               | <input checked="" type="checkbox"/> Results          |
|                                        |                                                               | <input type="checkbox"/> Individual participant data |

## Plain English summary of protocol

### Background and study aims

The project aims to investigate the effectiveness and feasibility of interventions to increase physical activity (PA) and reduce sedentary behaviour (SB) in mental health professionals and changes on their attitude towards and practices in recommending more PA and less SB to their clients.

### Who can participate?

Mental health professionals aged 18–65 years

### What does the study involve?

Participants will be asked to participate in a physical activity intervention of four weeks' duration. They will be asked to attend a group-based single-session for behaviour change targeting physical activity and sedentary behaviours. The group session will include colleagues from the four headspace centres that are managed by Orygen, the National Centre of Excellence in Youth Mental Health. They will be asked to complete questionnaires at the beginning and end of the four-week study period. During the intervention period, a member of the research team will additionally contact participants by phone on two occasions to review participant's activity goals and monitor their progress. During the study period, participants will also be required to wear a motion sensor on their wrist. Some participants will be invited to join a focus group interview comprising of 6 to 7 participants to share their experiences with intervention.

Any information collected during the participation in the program will be accessible to the research team for research purposes. Following information which will be collected during the study period using a combination of self-report and objective measures:

1. Demographics (age, gender, postcode, educational status, work status, height, weight)
2. Sedentary behaviours and levels of physical activity
3. Sleep quality and duration
4. Attitudes towards and practices in recommending physical activity as part of routine mental health care
5. Barriers and facilitators of engaging in physical activity
6. Other health-related issues

The responses and data collected will be de-identified using randomly generated codes, so nobody, not even researchers in the project, will be able to match the responses with participant's identity.

What are the possible benefits and risks of participating?

Participation in this study will contribute to the potential development of physical activity intervention for mental health professionals and consequently will strengthen the evidence for implementation of PA and SB interventions among mental health professionals across Australia. Participants might also gain health and wellbeing benefits from increasing their engagement in PA and decreasing SB.

There are negligible risks associated with participation in this study. However, if participants feel any amount of stress related to the research project, research investigators will be available to discuss their problems.

Where is the study run from?

The study is run from the Institute for Health and Sport (IHES), Victoria University; and Victoria University Public Health Network (VUPHN). The group sessions will take place at headspace centers in Glenroy and Sunshine.

When is the study starting and how long is it expected to run for?

From September 2019 to October 2019

Who is funding the study?

This study is investigator-initiated and funded

Who is the main contact?

Professor Alex Parker  
alex.parker@vu.edu.au

## Contact information

### Type(s)

Scientific

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### Type(s)

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**Contact name**

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## **Additional identifiers**

**Protocol serial number**

HRE18-123

## **Study information**

**Scientific Title**

Improving practices of mental health professionals in recommending more physical activity and less sedentary behaviour to their clients: findings from a mixed-methods intervention trial

**Study objectives**

Mental health professionals would be more likely to promote more physical activity (PA) and less sedentary behaviour (SB) to their clients if they themselves are more physically active.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 07/08/2018, the Victoria University Human Ethics Research Committee (Victoria University, Ballarat Rd, Footscray, Melbourne, Victoria, Australia 3011; [Australiaresearchethics@vu.edu.au](mailto:Australiaresearchethics@vu.edu.au); +61 3 9919 4781), ref: HRE18-123

**Primary study design**

Interventional

**Study design**

Mixed-methods study design comprising of a four-week pre-post intervention trial and focus group discussions

**Study type(s)**

Prevention

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

Attitude and practices of mental health professionals regarding recommending increasing physical activity and reducing sedentary behavior

## **Interventions**

Participants will be either allocated to the intervention group or the control group.

The intervention group receive an intervention of 4-week duration consisting of the following components:

1. 1 h group behaviour change meeting, delivered by a registered psychologist to discuss the benefits of increasing physical activity and reducing sedentary behaviour and various strategies that can be adopted to achieve this. Participants were also asked to set their individual goals and design their weekly plan to achieve their desired levels of physical activity and reduce sedentary behaviour. A printed and online version of the information booklet containing 24 such strategies will be provided during the behaviour change meeting.
2. Weekly reminder emails/text messages or telephone calls.

Control group participants was advised to maintain their usual day-to-day activity and, at the end of the 4-week study period and assessment, receive a group counselling session on the benefits of increasing physical activity and reducing sedentary behaviour.

Some participants will be invited to join a focus group interview comprising of 6 to 7 participants to share their experiences with intervention.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Attitude and practices of mental health professionals regarding recommending increasing physical activity and reducing sedentary behavior assessed using a set of items from the Exercise in Mental Illness Questionnaire - Health Professional version at baseline and 4 weeks

## **Key secondary outcome(s)**

Physical activity, sedentary behavior, and sleep duration assessed using the GeneActiv accelerometer at baseline and 4 weeks

## **Completion date**

31/10/2019

# **Eligibility**

## **Key inclusion criteria**

1. Mental health professional aged 18–65 years
2. Ambulatory

## **Participant type(s)**

Health professional

## **Healthy volunteers allowed**

No

## **Age group**

Adult

**Lower age limit**

18 Years

**Sex**

All

**Total final enrolment**

17

**Key exclusion criteria**

1. Pregnant
2. Not engaged in clinical duties

**Date of first enrolment**

01/09/2019

**Date of final enrolment**

15/09/2019

## **Locations**

**Countries of recruitment**

Australia

**Study participating centre**

**Headspace center Glenroy**

2A, Hartington Street  
Glenroy  
Melbourne  
Australia  
3046

**Study participating centre**

**Headspace center Sunshine**

Visy Cares Hub  
80b Harvester Road  
Melbourne  
Australia  
3020

## **Sponsor information**

**Organisation**

Victoria University

**ROR**

<https://ror.org/03yvdx21>

**Funder(s)****Funder type**

Other

**Funder Name**

Investigators initiated and funded

**Results and Publications****Individual participant data (IPD) sharing plan**

Current IPD sharing statement as of 12/11/2021:

The data for this trial is stored in Victoria University repository and cannot be shared publicly as per university policy. The anonymised individual participant data can be accessed by contacting Professor Alexandra Parker (Principal Investigator) at [alex.parker@vu.edu.au](mailto:alex.parker@vu.edu.au). Consent was obtained from participants for use of data in publications and sharing anonymised data for any further research purposes.

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Previous IPD sharing statement:

The datasets generated during and/or analysed during the current study will be stored in a non-publicly available repository (Victoria University Research Repository, <http://vuir.vu.edu.au>).

**IPD sharing plan summary**

Stored in non-publicly available repository, Available on request

**Study outputs**

| Output type                     | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> |         | 16/09/2021   | 02/11/2021 | Yes            | No              |
| <a href="#">Results article</a> |         | 16/07/2021   | 02/11/2021 | Yes            | No              |