

# Balance@Work: the (cost)-effectiveness of an occupational health guideline to improve physical activity and dietary behaviour among workers in order to prevent weight gain

<b>Submission date</b> 27/07/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 02/09/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 12/05/2014	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<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**  
NTR1190

## Study information

**Scientific Title**

The (cost)-effectiveness of an occupational health guideline to improve physical activity and dietary behaviour among workers in order to prevent weight gain: a randomised, controlled, parallel group, single blinded trial

**Acronym**

Balance@Work

**Study objectives**

The intervention group, receiving a lifestyle intervention, is expected to significantly improve their daily physical activity and dietary behaviour, and thus prevent weight gain compared to the control group at the short (6 months) and the longer term (12 months).

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethics Committee of the VU University Medical Centre ('Medisch Ethische Toetseingscommissie VU medisch centrum') approved on the 7th May 2009 (ref: 2009/002).

**Primary study design**

Interventional

**Study design**

Randomised controlled parallel group single blinded trial

**Study type(s)**

Prevention

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

Obesity prevention

**Interventions**

The intervention is aimed at physical activity and dietary behaviour (both sides of the energy balance) in order to prevent weight gain. Using social ecological models and implementation intentions, respondents receive a tailored intervention by means of counselling based on motivational interviewing by occupational physicians. The control group receives care as usual.

Treatment in the intervention group is 6 months. Follow-up measurements in both groups take place at 6, 12, and 18 months after baseline.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Physical activity, measured with the Squash questionnaire at baseline, 6, 12, and 18 months
2. Dietary behaviour, measured with the Short Fruit and Vegetable questionnaire and the Fat list

at baseline, 6, 12, and 18 months

3. Waist circumference, measured with the Seca 201 waist circumference measure at baseline, 6, 12, and 18 months

4. Body weight at baseline, 6, 12, and 18 months

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

1. General health status (sedentary behaviour measured with the International Physical Activity Questionnaire [IPAQ], anthropometrics [body weight, body height, blood pressure and cholesterol] measured retrospectively) at baseline, 6, 12, and 18 months

2. Quality of life, measured with the EQ-5D questionnaire at baseline, 6, 12, and 18 months

3. Cardiovascular disease risk profile, calculated following SCORE at baseline, 6, 12, and 18 months

4. Sick leave, measured with the HPQ questionnaire at 3, 6, 9, 12, 15, and 18 months

5. Cost-effectiveness, measured with EQ-5D and HPQ data at 3, 6, 9, 12, 15, and 18 months

### **Completion date**

01/06/2011

## **Eligibility**

### **Key inclusion criteria**

1. Workers who do not comply to Dutch physical activity and nutrition guidelines, and/or workers who are overweight

2. Aged 18 - 55 years, either sex

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 Years

### **Sex**

All

### **Key exclusion criteria**

1. Unable to be physically active

2. Not sufficiently capable of using the Dutch language

3. Not having signed an informed consent form

4. Sick leave for the last 3 weeks

### **Date of first enrolment**

01/06/2009

### **Date of final enrolment**

01/06/2011

## Locations

### Countries of recruitment

Netherlands

### Study participating centre

Vrije University Medical Center

Amsterdam

Netherlands

1081 BT

## Sponsor information

### Organisation

Vrije University Medical Centre (VUMC) (Netherlands)

### ROR

<https://ror.org/00q6h8f30>

## Funder(s)

### Funder type

Research organisation

### Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)  
(ref: 120510007)

## 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?
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<a href="#">Results article</a>	results	14/12/2009		Yes	No
<a href="#">Results article</a>	results	01/07/2012		Yes	No
<a href="#">Results article</a>	results	01/05/2013		Yes	No
<a href="#">Other publications</a>	economic evaluation	01/09/2013		Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes