

# Promoting walking among office employees using pedometers and e-mail messages

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<b>Registration date</b> 12/01/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 29/08/2014	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The purpose of this study is to evaluate a 6-month intervention to promote office employees walking using pedometers and e-mail messages.

### Who can participate?

Office-based worksites and their employees are recruited to the study. Insufficiently physically active employees are selected for participation with a questionnaire.

### What does the study involve?

Eligible employees are randomly allocated to one of two groups: either the pedometer group or the comparison group. The pedometer group participates in one group meeting and uses a pedometer and a logbook to monitor and set goals for increasing steps. In addition, pedometer group receives one email message per month from the occupational health care unit providing encouragement and tips for increasing the steps. The participants work towards increasing their steps during working and non-working time. Although moderate-intensity walking is emphasized the participants choose their own ways of increasing the steps. During the 6-month intervention the comparison group only completes the follow-up questionnaires, which will be delivered to all the participants at 2, 6 and 12 months. After the intervention the comparison group receives pedometers and the same information as the pedometer group.

### What are the possible benefits and risks of participating?

Participants were given a pedometer, step-log and walking leaflet free of charge to support the increase of walking. They also participated in one group meeting informing about the benefits of physical activity and walking. Walking causes very few adverse effects and if they arise, they are minimal.

### Where is the study run from?

The study was run exclusively from the UKK Institute for Health Promotion Research, Tampere, Finland.

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

The study ran from March 2009 to July 2010.

Who is funding the study?

The study is funded by the Finnish Work Environment Fund and Juho Vainion Säätiö (Finland).

Who is the main contact?

Dr Minna Aittasalo

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## Contact information

### Type(s)

Scientific

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## Additional identifiers

### Protocol serial number

108098

## Study information

### Scientific Title

Promoting walking among office employees — evaluation of a randomized controlled intervention with pedometers and e-mail messages

### Study objectives

Does the low-cost intervention enhance different types of walking and decrease sedentary time during the working and non-working day and is the study feasible?

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Ethics Committee, UKK Institute, Tampere, Finland, 01/09/2009

### Primary study design

Interventional

### Study design

Multicentre randomised controlled study

**Study type(s)**

Quality of life

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

Promotion of walking in workplace

**Interventions**

Participants were randomly allocated to one of two groups:

1. Pedometer group: one group meeting, pedometer use, step-logs and an e-mail message from occupational health care once a month
2. Comparison group: only follow-up questionnaires during the intervention but pedometers and all the information are provided after the intervention in a separate meeting

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

The following was measured using the modified International Physical Activity Questionnaire (IPAQ):

1. Walking at work
2. Walking for transportation
3. Walking for leisure
4. Walking stairs
5. Sedentary time during working and non-working day

Measured at baseline and followed up at 2, 6 and 12 months using questionnaires

**Key secondary outcome(s)**

No secondary outcome measures

**Completion date**

05/07/2010

**Eligibility****Key inclusion criteria**

1. Office-based work
2. Ability to use email
3. No physical restrictions for physical activity
4. Insufficiently physically active according to the current physical activity recommendations

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

17/03/2009

**Date of final enrolment**

05/07/2010

**Locations****Countries of recruitment**

Finland

**Study participating centre**

PO Box 30

Tampere

Finland

33501

**Sponsor information****Organisation**

The UKK Institute (Finland)

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

Government

**Funder Name**

The Finnish Work Environment Fund (Finland) ref: 108098

**Funder Name**

## 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?
<a href="#">Results article</a>	results	06/06/2012		Yes	No