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Efficacy of interdisciplinary health programme in the prevention of work-related physical complaints

Submission date	Recruitment status
18/09/2008	No longer recruiting
Registration date	**Overall study status**
23/10/2008	Completed
Last Edited	**Condition category**
23/10/2008	Injury, Occupational Diseases, Poisoning

- [ ] Prospectively registered
- [ ] Protocol
- [ ] Statistical analysis plan
- [ ] Results
- [ ] Individual participant data
- [ ] 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
Prevention of work-related physical complaints: a randomised clinical trial with one year follow-up

Study objectives

A client-centred interdisciplinary prevention programme is effective in reducing absenteeism in consequence of work-related physical complaints.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics Board of Free University Brussels, approval submitted 18th August 2008.

Primary study design
Interventional

Study design
Single centre randomised clinical trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Work-related physical complaints

Interventions
Participants of a client-centred interdisciplinary primary prevention programme are compared to controls only receving activities of the usual primary prevention policy in the hospital.

The interdisciplinary programme consists of 11 group sessions of one hour and 3 individual 1-hour sessions (spread over 3 months). Throughout the programme, participants are informed and work on topics concerning physical activity, diet, ergonomics and coping.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
At baseline, 3 months post-baseline, 6 months post-baseline and 12 months post-baseline:
1. Rate of absenteeism
2. 36-item Short Form Health Survey (SF-36): quality of life

Key secondary outcome(s)
At baseline, post-intervention, 3 months post-baseline and 12 months post-baseline:
1. Eurofit (physical fitness test)
2. Baecke (questionnaire physical activity in daily life)
3. Work APGAR test: job satisfaction
4. Utrecht Coping List (UCL): coping

Completion date
01/11/2009

Eligibility

Key inclusion criteria
1. Nurses, physical therapists and occupational therapists (18 - 65 years, either sex) working with patients in a general hospital
2. During the latest 12 months: maximum 4 weeks of absenteeism due to work-related physical complaints

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Key exclusion criteria
1. Serious neurological, orthopaedic, cardiovascular or internal diseases
2. Overweight (body mass index [BMI] less than 32 kg/m^2)
3. Drug or alcohol abuse
4. Pregnancy

Date of first enrolment
01/10/2008

Date of final enrolment
01/11/2009

Locations

Countries of recruitment
Belgium

Study participating centre
Artesis University College of Antwerp
Merksem
Belgium
B-2170

Sponsor information

Organisation
Artesis University College of Antwerp (Belgium)

ROR
https://ror.org/0075f1c08

Funder(s)

Funder type
University/education

Funder Name
Artesis University College of Antwerp (Belgium) - project-based scientific research (ref: G838)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration