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"Step by Step": promoting lunchtime walking to increase physical activity and improve mental well-being in sedentary employees

Submission date 25/06/2010	**Recruitment status** No longer recruiting	[_] Prospectively registered [X] Protocol
Registration date 10/08/2010	**Overall study status** Completed	[_] Statistical analysis plan [X] Results
Last Edited 29/08/2018	**Condition category** Other	[_] 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

ClinicalTrials.gov (NCT)
NCT01150084

Protocol serial number
TBF-08-004

Study information

Scientific Title
"Step by Step": a feasibility study of the promotion of lunchtime walking to increase physical activity and improve mental well-being in sedentary employees

Acronym
Step by Step

Study objectives
To examine the feasibility of a sixteen-week lunchtime walking intervention designed to
1. Promote regular walking, and
2. Improve psycho-social well-being and work performance in sedentary employees

Ethics approval required
Old ethics approval format

Ethics approval(s)
University of Birmingham Life and Health Sciences Ethical Review Committee approved on the 31st March 2009 (ref: ERN_09-154)

Primary study design
Interventional

Study design
Randomised waiting list controlled feasibility study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Physical inactivity/sedentary lifestyles

Interventions
A sixteen week randomised controlled trial, in which eligible participants will be randomised to an intervention and a waiting-list control group (to start at 10 weeks). The intervention will consist of a group support phase (weeks 1 - 10) and an independence phase (weeks 11 - 16). During the group-support phase, the participants will be asked to join in three weekly lunchtime walks of thirty minutes duration in a facilitator-led group (maximum of 12 per group), and will be challenged to accumulate 60 minutes of walking during the weekend. This would meet national recommendations of 150 minutes/week. The participants will be prompted to add their daily step count in log books at the end of every day. They will also receive two autonomy-supportive messages via a provided smartphone (used for monitoring and motivational purposes) per week during the group phase.

During the independence phase, the group walks will cease to exist on a formal basis, and the participants will be encouraged to engage in a minimum of three weekly lunchtime walks plus two in the week-ends. Formation of smaller informal groups will be recommended. Three weekly autonomy-supportive messages will be provided.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
1. Step counts: measured daily (week 1 - 16)
2. Numbers of walks attended: measured weekly (week 1 - 10)

Key secondary outcome(s)
1. Job affect
2. Momentary job satisfaction: measured twice per day on two days per week (weeks 1 - 16)
3. Self-reported and manager ratings of work performance: measured at baseline (week 0) and week 17
4. Life satisfaction: measured at week 0, week 17 and 4 month follow-up
5. Subjective vitality: measured at week 0, week 17 and 4 month follow-up
6. Cardiovascular fitness: measured at week 0 and week 17
7. Self-reported levels of physical activity: measured at week 0, week 17 and 4 month follow-up

Completion date
01/03/2011

Eligibility

Key inclusion criteria
1. Healthy
2. Mobile
3. Aged 18 - 65 years, either sex
4. Employed in a sedentary job
5. Engaging in less than 30 minutes of moderate intensity physical activity five times per week

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
All

Key exclusion criteria

1. Significant auditory or visual problems
2. Severe musculoskeletal disorders that prevent them from engaging in physical activity
3. Medical clearance will be requested for those who report any cardiovascular disease

Date of first enrolment
07/09/2009

Date of final enrolment
01/03/2011

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
University of Birmingham
Birmingham
United Kingdom
B15 2TT

Sponsor information

Organisation
University of Birmingham (UK)

ROR
https://ror.org/03angcq70

Funder(s)

Funder type
Charity

Funder Name
BUPA Foundation (UK)

Alternative Name(s)

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

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?
Results article	results	01/12/2015		Yes	No
Protocol article	protocol	27/09/2010		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes