

The (cost-) effectiveness of a lifestyle physical activity intervention in addition to a work style intervention on the recovery from neck and upper limb symptoms in computer workers

Submission date 19/06/2006	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 04/08/2006	Overall study status Completed	☒ Protocol
Last Edited 14/09/2011	Condition category Musculoskeletal Diseases	☐ Statistical analysis plan
		☒ Results
		☐ 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

WC 2002-044

Study information

Scientific Title

Acronym

RSI@Work study

Study objectives

A lifestyle physical activity intervention has an added value in addition to a work style intervention focused on ergonomics, breaks and coping with high work demands on the recovery from neck and upper limb symptoms in computer workers.

Ethics approval required

Old ethics approval format

Ethics approval(s)

The study was approved by the medical ethics committee of the VU University Medical Center (07/09/2004), protocol number 2004/027.

Primary study design

Interventional

Study design

Randomised controlled trial with two intervention groups and a control group.

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Neck and upper limb symptoms

Interventions

The interventions for the two intervention groups both consist of six group meetings in a six month period that take place at the workplace, during work time and under the supervision of a specially trained counsellor. In both intervention groups the goal of the group meetings is to improve workplace ergonomics, the number and quality of breaks and coping behaviour with regard to high work demands. In the work style and physical activity group the additional goal is to increase moderate to heavy physical activity. Both intervention groups are compared with a control group that does not receive any advice.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Degree of recovery
2. Pain intensity
3. Disability
4. Presence and number of days with neck and upper limb symptoms
5. Number of months without neck and upper limb symptoms

Key secondary outcome(s)

1. Physical activity
2. Body posture and workplace ergonomics
3. The use of breaks and exercise reminder software
4. Extrinsic effort and reward
5. Decision authority
6. Phase of behavioral change with regard to physical activity and work style
7. Cardiorespiratory fitness
8. Maximum grip strength
9. Absenteeism
10. Worker productivity

Completion date

01/10/2005

Eligibility**Key inclusion criteria**

1. Computer workers aged 18-64
2. Frequent or long-term neck and upper limb symptoms in the preceding six months
3. Frequent or long-term neck and upper limb symptoms in the preceding two weeks

By using a six month period and a two week period, we intend to include workers with chronic and recurrent symptoms as well as workers with recent symptoms.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Upper age limit

64 Years

Sex

All

Key exclusion criteria

1. Performing computer work at less than three days a week or during less than three hours a day
2. A working contract shorter than one year
3. Under care of a doctor or (physical) therapist for complaints in the neck, shoulders arms, wrists and/or hands
4. Non-work related pathologies or clear somatic afflictions (e.g. rheumatoid arthritis, cervical hernia, tennis elbow, carpal tunnel syndrome)

5. Sickness absence of 50% or more

6. Pregnant

Date of first enrolment

01/10/2002

Date of final enrolment

01/10/2005

Locations

Countries of recruitment

Netherlands

Study participating centre

P.O. Box 2215

Leiden

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2301 CE

Sponsor information

Organisation

Institute for Research in Extramural Medicine (The Netherlands)

ROR

<https://ror.org/0258apj61>

Funder(s)

Funder type

Research organisation

Funder Name

Institute for Research in Extramural Medicine of the VU University Medical Center (EMGO-institute) and TNO Quality of Life (Netherlands). The study is internally funded.

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	01/11/2007		Yes	No
Results article	results	01/04/2011		Yes	No
Protocol article	protocol	24/10/2006		Yes	No