

# The (cost-) effectiveness of an intervention on energy balance related behaviours and work engagement.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON24238

### Source

NTR

### Brief title

VIP in Onderzoek

### Health condition

Energy Balance Related Behaviours, Work Engagement, Overweight

## Sponsors and support

**Primary sponsor:** VU University Medical Center

**Source(s) of monetary or material Support:** Delta Lloyd Groep

## Intervention

## Outcome measures

### Primary outcome

1. Physical activity;
2. Fruit and Vegetable intake;

3. Sedentary behaviour;
4. Work Engagement.

### **Secondary outcome**

1. Vitality;
2. Mental Health;
3. Need for Recovery;
4. BMI;
5. Waist circumference;
6. General health perceptions;
7. Absenteeism and Presenteism;
8. Mindfulness;
9. Determinants of behaviour change;
10. Need for cognition;
11. Productivity;
12. Workability.

## **Study description**

### **Background summary**

Prevalence of overweight has increased dramatically over the last few decades. It is an important threat for the health of the working population. Overweight has negative effects on health and is also associated with numerous negative business-related outcomes. Prevention of overweight is beneficial for both employee and employer. Next to overweight, the concept of work engagement has become more known over the last few years. As it is associated with numerous positive outcomes, for employee as well as for employer, it is a relevant concept to stimulate amongst employees.

The study aims to develop an intervention to improve workers' energy balance related lifestyle behaviours (EBRB) to prevent overweight and to improve work engagement and subsequently evaluate the intervention developed. The intervention will be evaluated in a randomised control trial (RCT). Participants will be measured at baseline (T0), after 6 months (T1) and after 12 months (T2). The intervention program will be offered to participants in the intervention group. Participants in the control group will be offered usual care (which is extra promoted). The study population consists of employees of a research institute. The intervention consists of an incompany mindfulness training, followed by E-coaching. Additionally supporting tools such as fruit, a buddy-system and routes for lunch walking will be offered to the participants in the intervention group.

Primary study parameters/outcome of the study:

Energy balance related behaviours:

1. Physical activity;
2. Fruit and vegetable intake;
3. Sedentary behaviour.

Work engagement.

Secondary study parameters/outcome of the study:

1. Mental health;
2. Vitality;
3. General health perceptions;
4. BMI;
5. Waist circumference;
6. Absenteism en Presenteism;
7. Need for recovery;
8. Cost effectiveness.

Finally, a process evaluation will be performed.

## **Study objective**

It is hypothesised that energy related behaviours and work engagement will improve as a result of the intervention. Overweight will be prevented as a result of the improvement in energy balance related behaviours. In addition, work related measures are expected to improve.

## **Study design**

At baseline, 6, and 12 months measurements take place.

## **Intervention**

The intervention program has been developed using the Intervention Mapping protocol.

The intervention consists of an 8 week in-company mindfulness training followed by e-coaching, with specific exercises aimed at stimulating determinants of energy balance related behaviours and work engagement. There are three supporting elements: Provision of fruit on the workplace, stimulating having a buddy and provision of walking routes during lunch-break.

The control group will receive care as usual.

## **Contacts**

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## Eligibility criteria

### Inclusion criteria

1. Not being absent from work long-term;
2. Having signed an informed consent.

### Exclusion criteria

Workers being on long term sick leave (4 weeks or more).

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-03-2010
Enrollment:	526
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	03-02-2010
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL2082
NTR-old	NTR2199
Other	Wetenschapscomissie EMGO-instituut : WC2008-054
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

N/A