The effectiveness of a tailor-made intervention to prevent and reduce overweight and musculoskeletal complaints among construction workers.

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24782

Source
NTR

Brief title
VIP in de bouw

Health condition

Overweight
Obesity
Musculoskeletal disorders
Musculoskeletal complaints

Sponsors and support

Primary sponsor: VU University Medical Center, EMGO+ Institute
Source(s) of monetary or material Support: Delta Lloyd Groep

Intervention

Outcome measures

Primary outcome

1. Body weight;

2. Waist circumference:

3. Musculoskeletal complaints.

Secondary outcome

1. Physical activity;

2. Dietary intake;

3. Sedentary behaviour;

4. Cardiorespiratory fitness;

5. Cardiovascular disease risk profile;

6. Sick leave;

7. Productivity;

8. Workability;

9. Cost-effectiveness.

Study description

Background summary

The prevalence of obesity continues to increase rapidly. It is common knowledge that obesity has a negative impact on health, short term (for example musculoskeletal disorders) as well as long term (for example diabetes and cardiovascular disease). Recent research data show that the prevalence of overweight and obesity in workers in the construction industry is even higher than in the general Dutch adult population. Furthermore, in construction workers the prevalence of musculoskeletal disorders (MSD) is high. These complaints result in sickness absence and productivity loss and are possibly related to an unhealthy lifestyle.

This research project will consist of two phases. In the first phase, the intervention will be developed using an intervention mapping protocol. To increase the effectiveness and chances of successful implementation of the intervention, and the workers' compliance, the development will take place in close cooperation with the target group and management of the organisation. The second phase of this project aims at evaluating the intervention. The additional effect of the developed lifestyle intervention compared to usual care will be investigated by means of a randomised controlled trial (RCT). Participants will be assigned randomly to two different groups: (1) a control group receiving usual care, (2) an intervention group receiving the intervention designed for this research in addition to usual care.

Measurements will take place preceding the intervention (baseline, T0), directly following the intervention (after 6 months, T1), and after 12 months (T2) to evaluate the long term effects.

Primary outcome variables are body weight and musculoskeletal complaints. Secondary outcome variables will be physical fitness, lifestyle behaviours and work-related variables such as vitality, productivity, and work ability. In addition, the cost-effectiveness of the intervention will be analysed. Finally, a process evaluation will be performed.

Study objective

It is hypothesised that body weight will decrease and body composition will improve as a result of the intervention resulting from improved lifestyle and energy balance (increase in physical activity and/or lower calorie intake). Musculoskeletal complaints are expected to decrease as a result of improved physical capacity due to training and reduced body weight. In addition, an increase in physical activity will have positive effects on physical fitness, CVD risk factors, and (as a result of the positive effects mentioned above) work related measures are expected to improve.

Study design

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

Intervention

Detailed information about the format and content of the intervention cannot be given yet, as it will be developed during the first phase of the project. Based on current literature and experience, the intervention may include the following components:

1. The intervention will be aimed at physical activity and dietary behavior (both sides of the energy balance) in order to prevent obesity and musculoskeletal complaints;

2. Respondents will receive a tailored intervention by means of specific programme materials and counselling;

3. The control group will receive care as usual.

Contacts

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Eligibility criteria

Inclusion criteria

1. Being employed at the company at least for 12 months following inclusion;

2. Not being absent from work long-term;

3. Having signed an informed consent.

Exclusion criteria

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

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):	01-01-2010
Enrollment:	560
Type:	Anticipated

Ethics review

Not applicable

Application type:	Not applicable

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	NL1978
NTR-old	NTR2095
Other	WC EMGO+ Instituut : 2008-055
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results
N/A