

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

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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.

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON35058

Source

ToetsingOnline

Brief title

VIP in Research

Condition

- Other condition

Synonym

overweight

Health condition

overgewicht en bevlogenheid

Research involving

Human

Sponsors and support

Primary sponsor: Delta Lloyd verzekeringen

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

Intervention

Keyword: overweight, prevention, Randomized Controlled Trial, work engagement

Outcome measures

Primary outcome

Energy balance related behaviours:

- physical activity
- fruit and vegetable intake
- sedentary behaviour

Work engagement

Secondary outcome

- mental health
- vitality
- general health perceptions
- BMI
- Waist circumference
- Absenteism en Presenteism
- Need for recovery
- Cost effectiveness

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.

Study objective

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.

Study design

This study consists of the development and evaluation of an intervention aimed at improving EBRB and work engagement. 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).

Intervention

The intervention consists of a 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.

Study burden and risks

To the best of our knowledge, no risks are associated with participation.

Contacts

Public

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

- having signed an informed consent form
- working on the premises of the participating organization

Exclusion criteria

- taking sick leave for more than four weeks at the moment of inclusion

Study design

Design

Study type: Interventional
Intervention model: Parallel

Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Active
Primary purpose:	Prevention

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-04-2010
Enrollment:	526
Type:	Actual

Ethics review

Approved WMO	
Date:	23-03-2010
Application type:	First submission
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	09-09-2010
Application type:	Amendment
Review commission:	METC Amsterdam UMC

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
CCMO	NL31149.029.09