

# "The cost-effectiveness of an intervention to increase physical activity and relaxation amongst office workers".

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We hypothesise that the intervention group will significantly improve detachment by increasing daily physical activity and relaxation, compared to the control group receiving usual care (minimal intervention or company's current health...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON21272

### Bron

NTR

### Verkorte titel

VIP in Insurance

### Aandoening

physical activity and relaxation

### Ondersteuning

**Primaire sponsor:** VU University Medical Center

**Overige ondersteuning:** Delta Lloyd Group

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

### Primaire uitkomstmaten

1. Physical activity;<br>
2. Recovery experience (relaxation and detachment).

## Toelichting onderzoek

### Achtergrond van het onderzoek

#### Rationale:

The VIP in Insurance project is situated at a renowned financial service provider in the Netherlands. This employer has great ambitions regarding health of its employees and has already taken steps towards offering options for improving workers' wellbeing. i@VIP in Insurance focuses on increasing levels of daily physical activity and relaxation. The intervention program was developed in close cooperation with several representatives from different sections of the company. With interviews and questionnaires, we collected information about the worker's attitude toward physical activity and relaxation. The interviews showed that relaxation was defined as detachment by the workers; being mentally and physically away from work-related activities. In further instances, therefore, the term (psychological) detachment will be adopted instead of relaxation.

#### Objective:

The aim of this study is to develop and evaluate an intervention to increase detachment and overall daily physical activity.

Study design and phasing: This study will be performed by using a group randomised controlled trial design with two arms in the workplace setting. Randomisation will take place at the teamleader level (n=60). The project i@VIP in Insurance consists of three phases. The first part of the project focuses on developing the intervention by using the Intervention Mapping (IM) protocol. The second phase will pilot test the intervention. The third phase focuses on implementing the intervention and evaluating the effectiveness in a group randomized controlled trial. Questionnaire data will be gathered at baseline (T0), at 6 months (T1), and at 12 months (T2) intervals.

#### Study population:

The research population consists of office workers of a financial service provider in the Netherlands.

## Intervention:

The intervention program will be aimed at improving levels of daily physical activity and detachment (relaxation). In the intervention group, group motivational interviewing will be applied for 4 sessions in 2 months. And one follow-up meeting after one month. Thirty teamleaders of the financial service provider will be trained as GMI-coach. After the training, they will lead a GMI group of 8-15 workers. Furthermore, the intervention group will use a social media platform. An important element of the platform is the online community; workers will be stimulated to form or to join activity groups such as a lunch walking group/fitness group/chess club and so on. For the GMI trainers, there is an online community too where they can share experiences with each other. Additionally, active transport is promoted by applying 'the bike to work system'. Furthermore, changes will be made in the physical environment for the intervention group. The control group will receive usual care.

## Main study parameters/endpoints:

The primary outcome measures include detachment and daily physical activity. The sample size is based on finding an effect of 10% for physical activity and detachment. Secondary outcome measures are work-related (absenteeism, productivity, sick leave). In addition, the cost-effectiveness will be analysed and a process evaluation will be performed.

## **Doel van het onderzoek**

We hypothesise that the intervention group will significantly improve detachment by increasing daily physical activity and relaxation, compared to the control group receiving usual care (minimal intervention or company's current health activities), at the short (6 months) and the longer term (12 months).

## **Onderzoeksopzet**

Questionnaire data will be gathered at baseline (T0), at 6 months (T1), and at 12 months (T2) intervals.

## **Onderzoeksproduct en/of interventie**

The intervention program will be aimed at improving levels of daily physical activity and detachment (relaxation). In the intervention group, group motivational interviewing will be applied for 4 sessions in 2 months. And one follow-up meeting after one month. Thirty teamleaders of the financial service provider will be trained as GMI-coach. After the training, they will lead a GMI group of 8-15 workers. Furthermore, the intervention group will use a social media platform. An important element of the platform is the online community; workers will be stimulated to form or to join activity groups such as a lunch walking group/fitness group/chess club and so on. For the GMI trainers, there is an online community too where they can share experiences with each other. Additionally, active transport is promoted by applying 'the bike to work system'. Furthermore, changes will be made in the physical

environment for the intervention group.

The control group will receive care as usual.

## Contactpersonen

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

All workers will have the possibility to participate in this study:

1. Workers who will be employed at the financial service provider until the follow-up measurements;
2. Workers who have signed an informed consent form.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Workers who are on long-term sick leave (4 weeks or more).

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

### Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-03-2011
Aantal proefpersonen:	553
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies	
Datum:	04-10-2010
Soort:	Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

## Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

Register	ID
NTR-new	NL2450
NTR-old	NTR2553
Ander register	MEC VUmc : WC 2009-064
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Resultaten

### Samenvatting resultaten

N/A