

# Workplace sitting

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<b>Ethische beoordeling</b>	Niet van toepassing
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON23004

### Bron

NTR

### Aandoening

Sitting, workplace, employees  
Zitten, werkplek, medewerkers

### Ondersteuning

**Primaire sponsor:** Does not apply

**Overige ondersteuning:** RIVM, Bilthoven, The Netherlands

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

standardized sitting time, min/8-h workday = minutes sitting at the workplace \* 8 / minutes at the workplace.<br>

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Sitting time will be measured objectively with the use of ActivPALs.

# Toelichting onderzoek

## Achtergrond van het onderzoek

A sedentary lifestyle is known to have negative effects on our health (Hendriksen et al., 2013; Health Council of the Netherlands, 2017). A study by Jans, Proper & Hildebrandt (2007) showed that workplace-sitting accounts for a big proportion of our sedentary time; therefore, it is relevant to explore how to reduce sitting time at work. A workplace-based intervention by Healy et al. (2013) showed that a comprehensive approach, including environmental, individual and organizational components is an effective way to reduce workplace sitting. Missing within the design by Healy et al. (2013) is the possibility to identify which component is most effective in the reduction of sitting behavior. Therefore, the aim of this research is to evaluate the three different single intervention components on total sitting time among office workers and to identify the single component that yields the greatest effect in reducing sitting in the workplace.

## Doel van het onderzoek

Firstly, it is expected that workers who get a single component intervention will sit less at the workplace compared to workers in the control condition (H1). In addition, we expect there will be differences between the three intervention conditions. We expect an environmental intervention to yield a greater effect in reducing workplace sitting time compared to an individual or organizational intervention (H2). Finally, we expect an individual intervention to yield a greater effect in reducing workplace sitting time than an organizational intervention (H3).

## Onderzoeksopzet

Baseline, 4-week follow-up

## Onderzoeksproduct en/of interventie

For the intervention participants will be assigned to any of the four conditions (Environmental, Individual, Organizational or Control) depending on the floor on which they work. Based on the condition participants will be given different instructions.

**Environmental:** This type of intervention will focus on enriching the environment by adding more dynamic workstations around the workplace. Depending on the need assessment this can include sit/stand workstations, desk bikes, ergonomic stools or any other form of environmental intervention.

**Individual:** This type of intervention will focus on individual strategies to make employees sit less at the workplace. Depending on the need assessment this can include monitoring of sitting behavior, goal setting techniques, or implementation intentions.

Organizational: This type of intervention will focus on organizational strategies to make employees sit less at the workplace. Depending on the need assessment this can include using WorkPace (stretch-break software) to take regular breaks from sitting. Another example of an organizational intervention is a department wide workshop providing information on the health consequences of sitting too much.

Control/no-intervention: Participants will be asked to maintain their usual work practices.

## Contactpersonen

### Publiek

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### Wetenschappelijk

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## Deelname eisen

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

Participants will be staff from the Dutch National Institute for Public Health and the Environment (RIVM) in Bilthoven, The Netherlands. All participants will be above 18 years old and working at least three days a week, i.e. having a contract of at least 24 hours/week.

### Belangrijkste redenen om niet deel te kunnen nemen

## (Exclusiecriteria)

Participants who did not provide us with two periods of at least 5-workdays at the RIVM of wearing the ActivPAL or participants who did not fill out the diary will be excluded from the analysis.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

### Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	23-04-2018
Aantal proefpersonen:	100
Type:	Verwachte startdatum

## Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

## 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	NL6954
NTR-old	NTR7142
Ander register	: VPZ-364

## Resultaten