

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

Gepubliceerd: 03-02-2010 Laatste bijgewerkt: 18-08-2022

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Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24238

Bron

NTR

Verkorte titel

VIP in Onderzoek

Aandoening

Energy Balance Related Behaviours, Work Engagement, Overweight

Ondersteuning

Primaire sponsor: VU University Medical Center

Overige ondersteuning: Delta Lloyd Groep

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Physical activity;

2. Fruit and Vegetable intake;

3. Sedentary behaviour;

4. Work Engagement.

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

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.

Contactpersonen

Publiek

Van der Boechorstraat 7
Jantien Berkel, van
Amsterdam 1081 BT
The Netherlands
+31 (0)20 4445376

Wetenschappelijk

Van der Boechorstraat 7
Jantien Berkel, van
Amsterdam 1081 BT
The Netherlands
+31 (0)20 4445376

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Workers being 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:	01-03-2010
Aantal proefpersonen:	526
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	03-02-2010
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	NL2082
NTR-old	NTR2199
Ander register	Wetenschapscomissie EMGO-instituut : WC2008-054
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A