The vital@work study. The (cost-) effectiveness of a lifestyle intervention in order to improve older workers' vitality.

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

Samenvatting

ID

NL-OMON24340

Bron
NTR

Verkorte titel
The vital@work study

Aandoening

Vitality (vitaliteit), aging (work force) (vergrijzing), Lifestyle (leefstijl/ BRAVO), Early retirement (vroeg pensioen), productivity (productiviteit)

Ondersteuning

Primaire sponsor: VU University Medical Center, EMGO Institute
Overige ondersteuning: Sichting Instituut GAK (SIG)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Vitality and lifestyle behaviour (Physical activity, dietary behaviour, alcohol consumption, smoking habits).

Toelichting onderzoek

Achtergrond van het onderzoek

The Vital@work Study. The (cost-) effectiveness of a lifestyle intervention in order to improve older worker’s vitality.

J.E. Strijk, K.I. Proper, A.J. van der Beek, W. van Mechelen, MD

Background

As a consequence of an aging workforce, workers need to prolong their working life. vitality is of great importance for the endured employability of aging workers. Since having high energy levels is one of the main components of vitality, lifestyle could contribute to aging workers’ vitality by positively affecting aging workers activity. As a consequence, a lifestyle intervention which aims to improve lifestyle is considered to be an effective instrument to keep aging workers vital. The aim of this study is to develop and evaluate a lifestyle intervention program to promote health in order to improve older workers’ (45 years and older) vitality.

Methods
The intervention will be evaluated using a RCT design with 2 arms. The older workers in the intervention group (n=230) will be receiving tailored lifestyle intervention during 6 months. The older workers in the control group (n=230) will receive usual care. Measurement will take place at baseline and after 6 and 12 months after implementing the intervention. Primary outcome measures are vitality and lifestyle behaviour (physical activity, dietary behaviour, alcohol consumption, smoking habits). Secondary outcome measures are work engagement, productivity, general health status, quality of life, sick leave and cost-effectiveness.

Results

No results are available yet. This project will start January 2008 and the follow up measurements will continue until the end of 2010.

Doel van het onderzoek

Our hypothesis is that older workers in the intervention group will improve lifestyle and thereby vitality at the short term (6 months) and at the long term (12 months), whereas in the control group lifestyle and vitality will remain the same as at baseline.

Onderzoeksopzet

The first follow-up after the baseline measurement (T= 0 weeks) will take place at 6 months (T=24 weeks) after implementing the intervention. The participants will be asked to fill in the same questionnaires as for the baseline measurement. This procedure will be repeated for the second follow-up at twelve months (T=52 weeks) after the start of the intervention.

Onderzoeksproduct en/of interventie

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 using the invertention mapping protocol. The intervention will be aimed to achieve behavioural changes as to a healthier lifestyle among older workers to improve workers' vitality. Based on current literature and experience, the intervention may include the following components: Using social ecological models and implementation intentions, respondents will receive a tailored intervention by means of counselling/ face-to-face/ telephone/internet contacts. The control group will receive care as usual.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Aged 45 or older

2. Contract of employment of at least 20 hours a week

3. Contract of employment till the end of the measurements

4. Informed consent

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Disease which makes physical activity impossible

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-12-2007
Aantal proefpersonen:	450
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	03-03-2008
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	NL1195
NTR-old	NTR1240
Ander register	Research Committee VUmc : WC2007-009
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten
N/A