

Amsterdam Lifestyle Intervention on Food and Exercise at Work.

Gepubliceerd: 01-07-2005 Laatste bijgewerkt: 18-08-2022

It is hypothesized that participation in a healthy lifestyle program, aimed at controlling body weight by increasing physical activity and improving eating habits, may contribute to the reduction of overweight, to weight maintenance and...

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON29023

Bron

Nationaal Trial Register

Verkorte titel

ALIFE@Work

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Change in body weight;

2. Change in physical activity level;

3. Change in dietary intake.

Toelichting onderzoek

Achtergrond van het onderzoek

Block randomization was used.

In this randomized controlled trial, 1386 overweight employees are participating and being followed for two years. Participants are employees working at seven different companies throughout The Netherlands.

Subjects in the phone-based group received the healthy lifestyle intervention program in a binder and were counseled by phone; subjects in the internet-based group followed the same program on the Internet and were counseled by e-mail.

Subjects in the reference group received information brochures with general information on overweight, physical activity and healthy nutrition, and were not counseled. The intervention program lasted six months and took place in the first half year of the two years.

Measurements are taken at baseline, and at 6, 12, 18 and 24 months of follow-up.

Doel van het onderzoek

It is hypothesized that participation in a healthy lifestyle program, aimed at controlling body weight by increasing physical activity and improving eating habits, may contribute to the reduction of overweight, to weight maintenance and consequently to the prevention of health problems, like type 2 diabetes mellitus, hypertension, hypercholesterolaemia and cardiovascular diseases.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

Two intervention conditions (phone-based [N=462] or Internet-based intervention[N=464]) or a reference group (N=460);

In addition, employees were randomized to either a group of employees having basic measures only (80% out of each group) or to a group of employees having additional measures (i.e. waist circumference, body fat percentage, blood pressure, total cholesterol level and fitness level; 20% subjects of each group). The two-step randomization means there are six groups an employee could be assigned to.

Contactpersonen

Publiek

VU University Medical Center, EMGO-Institute,

Van der Boechorststraat 7
Caroline Dekkers
Van der Boechorststraat 7
Amsterdam 1081 BT
The Netherlands
+31 (20) 4441707

Wetenschappelijk

VU University Medical Center, EMGO-Institute,
Van der Boechorststraat 7
Caroline Dekkers
Van der Boechorststraat 7
Amsterdam 1081 BT
The Netherlands
+31 (20) 4441707

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Paid employment on a permanent basis;
2. BMI ≥ 25 kg/m²;
3. Adequate knowledge of the Dutch language;
4. Access to the internet and knowledge of how to use it;
5. At least 18 years of age.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Employees will be excluded for the following reasons: pregnancy, diagnosis or treatment of cancer, or any other disorder that makes physical activity impossible.

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-08-2002
Aantal proefpersonen:	1386
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	01-07-2005
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	NL22
NTR-old	NTR43
Ander register	: N/A
ISRCTN	ISRCTN04265725

Resultaten

Samenvatting resultaten

1. BMC Public Health. 2006 May 24;6:140.

2. BMC Med Res Methodol. 2008 Oct 28;8(1):69. [Epub ahead of print].