Gepubliceerd: 01-02-2019 Laatst bijgewerkt: 13-12-2022

A 12 weekly computer-tailored coaching program reduces sedentary behavior. Perceived bodily pain, mental health, vitality, stress, and performance are expected to lower by the means of reduced sitting time.

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

Samenvatting

ID

NL-OMON20473

Bron

NTR

Verkorte titel

TBA

Aandoening

we focus on a reduction in sedentary behavior. health problems related to prolonged sitting are diabetes type 2, coronary heart diseases, overweight and mental health problems

Ondersteuning

Primaire sponsor :	Maastricht University Medical Center, Maastricht University, VitaBit software
Overige ondersteuning :	Maastricht University Medical Center, Maastricht University, VitaBit software

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Sedentary behavior

Toelichting onderzoek

Achtergrond van het onderzoek

The Upcomplish intervention is based on the VitaBit toolkit and aims at office workers' sedentary behavior. Trained coaches are the implementers and deliver half-automatized content (e.g. feedback, health information, tailored advice, challenges) to the participants via their preferred communication channel. The programme objective of this intervention is to improve the activity patterns of office workers. Secondary outcomes are: improved mental health including vitality, stress, performance and others. In this intervention, office employees use the VitaBit monitoring toolkit and regularly receive tailored and half-automatized feedback and motivational advice by a coach. All five intervention groups start at 6-weekly-lagged times. Thereby, the baseline week of one group serves as control for the outcome week of an earlier intervention group. Activity is measured continuously via the VitaBit toolkit, questionnaires about quality-of-life and psychosocial determinants are distributedto all groups at baseline, week 7 and week 13.

Doel van het onderzoek

A 12 weekly computer-tailored coaching program reduces sedentary behavior. Perceived bodily pain, mental health, vitality, stress, and performance are expected to lower by the means of reduced sitting time.

Onderzoeksopzet

Group1: T0, week 1 (march 2019), T1, week 13
Group2: T0 week 7, T1, week 19
Group3:T0 week 13, T1, week 25
Group4:T0 week 19, T1, week 31
Group5:T0 week 25, T1, week 37

Onderzoeksproduct en/of interventie

The intervention will take 12 weeks, including a personal kick-off meeting in the second week and twice-weekly feedback moments per user by the coach through the participants' preferred communication channels.

Contactpersonen

Publiek

Maastricht University
Nathalie Berninger

004917682291130

Wetenschappelijk

Maastricht University
Nathalie Berninger

004917682291130

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Dutch or German office workers (mainly sitting professions), fluent in English or German, possession of an android or iOS smartphone and willing to download the VitaBit smartphone application

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Conditions that might prevent participants from standing or walking

Onderzoeksopzet

Opzet

Type :	Interventie onderzoek
Onderzoeksmodel :	Anders
Toewijzing :	Gerandomiseerd
Blindering :	Open / niet geblindeerd
Controle :	N.v.t. / onbekend

Deelname

Nederland

Status :	Werving nog niet gestart
(Verwachte) startdatum :	01-03-2019
Aantal proefpersonen :	200
Type :	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld :	Nog niet bepaald

Ethische beoordeling

Positief advies

Datum :	01-02-2019
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	NL7503
Ander register	Ethics Review Committee Psychology and Neuroscience (ERCPN) Maastricht University : OZL_188_11_02_2018_S9

Resultaten