

The Stand@Work Pilot Study. A randomised controlled trial to see if using sit-stand workstations reduces sitting time in office workers

ACTRN12612000072819

Status	RECRUITING
Sponsor	Cluster for Physical Activity and Health, Prevention Research Collaboration
Enrollment	50 participants

Plain Language Summary

This pilot study tests whether sit-stand workstations — desks that allow office workers to switch between sitting and standing — can reduce the total amount of time people spend sitting during the workday. Sitting for long periods is now recognised as an independent health risk, separate from whether you exercise. Office workers at the Heart Foundation in Sydney and Newcastle will trial these desks for 4 weeks and wear activity monitors to objectively measure how much they sit.

You may be eligible if:

- You are 18 years or older
- You work at the Heart Foundation's Sydney or Newcastle office
- You work at least 3 days per week
- You have sufficient English language skills to participate

You may NOT be eligible if:

- You work fewer than 3 days per week

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Staff working at the Heart Foundation Sydney and Newcastle offices. Participants must be over the age of 18 years, work at least 3 days per week, and have sufficient English language proficiency to take part in the study.

Exclusion (1)

- Working less than 3 days per week

Locations (1 total)

Australia