

Reducing sedentary behaviour in office workers

ACTRN12613000366752

Status RECRUITING
Sponsor Dr Andrew Leaver
Enrollment 60 participants

Plain Language Summary

Most office workers spend the majority of their work day sitting, which research suggests is harmful to long-term health even for people who exercise regularly. This study is comparing three approaches to reducing sitting time in office workers: a sit-stand desk combined with personalised education, education alone, or no intervention at all. The goal is to find the most effective and practical way to get office workers on their feet more during the work day.

You may be eligible if:

- You are employed full-time in an academic or administrative role at the University of Sydney
- You spend more than 15 hours per week or more than 4 hours per day doing computer-based work

You may NOT be eligible if:

- You have planned leave during the study period
- You have a chronic illness
- You have a musculoskeletal injury or condition
- You have a current worker's compensation claim

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

Key Eligibility Criteria

Inclusion (1)

- Participants will be included in the study if they are currently employed in a full time academic or administrative role at The University of Sydney. Participants must work in a role that involves greater than 15 hours per week or greater than 4 hours per day computer-based work.

Exclusion (1)

- Participants will be excluded if they have; planned leave during the study period, any self-reported chronic illness, any self-reported musculoskeletal injury or condition or if they have a current worker's compensation claim.

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12613000366752>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.