

CASE STUDY

Physical activity and energy expenditure across occupational categories

CATEGORISING

Kind

Research project involving living people

Type

Research project involving people that does not count as a clinical trial

Subtype

BACKGROUND

Physical activity is defined as bodily movements produced by skeletal muscles that result in energy expenditure. This study measured the amount of physical activity, based energy expenditure and other performance criteria that people use during a normal working day. The study focused on differences between occupational categories. The results of this study were used to develop a campaign to prevent sedentary behaviour.

METHODS

300 healthy adults (aged 18-65 years), employed full-time in Canton Basel in Switzerland, were enrolled in the study. Participants were stratified by occupational category according to the ISCO-88, and were then grouped into 3 classes (low, middle and high occupational activity). Data on duration of average daily activity, total and active energy expenditure, and daily step counts were collected over 7 consecutive days, using a Sense Wear Mini bracelet (no CE-marking). Participants were asked to wear the Sense Wear Mini bracelet during working hours. The primary outcome was difference in average daily active energy expenditure during working time between the occupational categories.

QUESTIONS OF THE CATEGORISER

Does the research project come under the scope of application of the Human Research Act?

Yes

BECAUSE

This project was based on a study protocol that defines the exact procedures to be used. It included a relatively large number of persons and was not based on individual cases ("method-driven search for generalizable knowledge", defined as research by HRA). 300 healthy adults ("persons") employed full-time in Canton Basel, Switzerland, were asked to register their energy expenditure during working time by wearing a Sense Wear Mini bracelet (no CE-marking). The investigator measured the difference in average daily active energy expenditure during working hours for the different occupational categories, defined according to ISCO-88 ("research concerning the structure and function of the human body").

Is the research project a project involving living persons?

Yes

BECAUSE

Healthy adults ("persons") employed full-time in the Canton Basel, Switzerland, registered their energy expenditure during working time by wearing a Sense Wear Mini bracelet.

Is the research project a clinical trial?

No

BECAUSE

Healthy adults ("persons") employed full-time in the Canton Basel, Switzerland, registered their energy expenditure during working time. The study aimed to measure the difference in average energy expenditure between occupational categories. No health related interventions (according the ClinO) were involved in this research project. Data on energy expenditure was collected in a standardized fashion, using a Sense Wear Mini bracelet (data collection instrument).

Does the research project involve measures that involve minimal risks and stress for the participating persons?

Yes

BECAUSE

Healthy adults ("persons") employed full-time in the Canton Basel, Switzerland, registered their energy expenditure during working time. The study aimed to measure the difference in average energy expenditure between occupational categories. Participants were asked to wear a Sense Wear Mini bracelet, which transmitted the data. Wearing a bracelet involves minimal risks and stress for participants.