Upper Management Consultation & Consent

Representatives consultation workshop

Consent & Randomisation of Units/Worksites

Individual Recruitment and Consent
Group information sessions; expressions of interest; telephone screening for eligibility; written informed consent

Assessment 1 (Baseline)
Blood test; anthropometrics; survey; 7-day activity monitor wear

INTERVENTION GROUP

Participant Information & Brainstorming Session
Education, group feedback from Assessment 1, brainstorming of strategies; email summary

Workstation Installation

Individual Coaching
Education; individual Assessment 1 feedback; goal setting; workstation instruction

Telephone calls x 4 (weeks 2, 4, 8 &12): progress review; problem solving; goal-setting.
Management Emails x 6 (weeks 2, 4, 6, 8, 10 &12)

Assessment 2 (3 months/End of Intervention)
Blood test; anthropometrics; survey; 7-day activity monitor wear

CONTROL GROUP

Assessment 2 (3 months)
Blood test; anthropometrics; survey; 7-day activity monitor wear

Assessment 3 (12 months)
Blood test; anthropometrics; survey; 7-day activity monitor wear

Maintenance (9 months)