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| **Title of Research Presentation** A cluster randomised controlled trial of a workplace intervention to reduce sitting time in male office workers in Saudi Arabia |
| **Background/Objectives**Sedentary behaviour (SB) is a public health concern, especially in Saudi Arabia, where more than 87% of the population is sedentary. Lacking in Saudi Arabia are interventions to decrease SB among workers in sedentary jobs. The aim of this study was to evaluate whether the provision of a workplace intervention developed to decrease SB was effective in reducing SB among male office workers in Saudi Arabia. Social Cognitive Theory guided the development of this 12-week intervention, which consisted of weekly text messages and reminder software.**Methods**A cluster randomised controlled design was used. Two university faculties were randomly allocated to an intervention or control group. Sixty-six office workers were recruited. The primary outcome was sedentary minutes per day, which was assessed objectively with the ActiGraph accelerometer at baseline and at a Week 13 follow-up. ANCOVA was used to evaluate the change in sedentary time between the intervention and control groups with adjusting for baseline sitting time values.**Results**A cluster randomised controlled trial was conducted using university office workers (n = 64, mean age= 43.5 years, SD=11) in Saudi Arabia. Their mean age was 43.5 (SD=11.1). 92.4% were academics and 7.6% were professional staff. The majority of participants were overweight or obese (87.9%), married (90.9%), living in apartments (92.4%) and owned at least one car (89.9%). At baseline, participants’ sitting time was approximately 9 hours/day. There were no differences between groups in these characteristics at baseline. Sedentary minutes/day decreased more in the intervention group than in the control group (pairwise difference = - 54.7 minutes/day; 95%CI: -97.0, -12.5; *P* = 0.012). **Discussion**This initial evaluation indicates that the provision of text messages and reminder software is sufficient for reducing SB among Saudi male office workers. It is recommended this study be replicated in other Saudi workplaces dominated by sedentary office workers.**Keywords**sedentary, sitting, physical activity, office workers, health promotion, intervention, social cognitive theory, Saudi Arabia |