ISPAH conference abstract

400 words

\*Early Career Highlighted Presentation

Title: What works to reduce sedentary behaviour in the office, and could these intervention components transfer to the home working environment?: A rapid review and expert stakeholder consultation

Authors:

Population: Adults

Income level \*main country of study): High

Type of research:

* Intervention to create active societies
* Intervention to create active systems
* Intervention to create an active environment
* Intervention to create active people

Type: Poster

ECA: YES

**Background**

Covid-19 has permanently changed the way desk-based workers spend their day, with many working from home some/all of the working week. Working at home is associated with increased levels of sedentary behaviour, including when compared to office sitting. There are a range of adverse mental and physical wellbeing issues associated with regular prolonged bouts of sedentary behaviour.

**Purpose**

To mitigate the risks, effort is needed to develop a solution to support those working from home to reduce the amount of time they spend in sedentary postures by taking regular breaks across the working day. Our study looked to identify interventions effective in reducing sedentary behaviour in office environments and appraise transferability to the work from home setting through a process of scoring and discussions with expert stakeholders.

**Methods**

Rapid review comprising: 1) rapid review of literature of interventions effective in office populations, 2) consultations with expert stakeholders (n= 7); and 3) mapping review findings to COM-B (capability, opportunity, and motivation to change behaviour) and Behaviour Change Taxonomy (BCT) constructs. Interventions that were identified as effective were then scored to appraise potential for transferability to the work from home context using the APEASE framework, which looks to evaluate interventions using the following criterion: affordability; practicability; effectiveness and cost-effectiveness; acceptability; side-effects / safety; and equity. The review process was guided by the Cochrane Rapid Review Methods Group guidance (2020). Review findings were used to feed into a co-production process to develop an intervention alongside stakeholders (reported separately).

**Results**

Twenty-two studies including 29 interventions showing a beneficial direction of effect on sedentary outcomes were included.   The most commonly used intervention functions were training (n=21), environmental restructuring (n=21), education (n=15), and enablement (n=15). Within these the commonly used behaviour change techniques were instructions on how to perform the behaviour (n=21), adding objects to the environment (n=20), and restructuring the physical environment (n=19).   Those strategies with the most promise for transferring to the home environment included education materials, and use of role models, incentives, and prompts.

**Conclusions**

This rapid review has characterized what works to reduce office sedentary behaviour, and identified promising strategies to support workers in the home environment as the world adapts to a new working landscape.

* Funding
* Keywords