



This is a repository copy of *“SitLess@Work” – developing an evidence-based framework to support the development, implementation and evaluation of interventions to reduce workplace sitting.*

White Rose Research Online URL for this paper:  
<http://eprints.whiterose.ac.uk/137777/>

Version: Accepted Version

---

**Proceedings Paper:**

Mackenzie, K. [orcid.org/0000-0002-8431-0465](https://orcid.org/0000-0002-8431-0465), Such, E., Norman, P. et al. (1 more author) (2018) *“SitLess@Work” – developing an evidence-based framework to support the development, implementation and evaluation of interventions to reduce workplace sitting.* In: *Journal of Physical Activity & Health. 7th International Society for Physical Activity and Health Congress*, 15-17 Oct 2018, London, UK. *Human Kinetics*, S58-S58.

<https://doi.org/10.1123/jpah.2018-0535>

---

**Reuse**

Items deposited in White Rose Research Online are protected by copyright, with all rights reserved unless indicated otherwise. They may be downloaded and/or printed for private study, or other acts as permitted by national copyright laws. The publisher or other rights holders may allow further reproduction and re-use of the full text version. This is indicated by the licence information on the White Rose Research Online record for the item.

**Takedown**

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing [eprints@whiterose.ac.uk](mailto:eprints@whiterose.ac.uk) including the URL of the record and the reason for the withdrawal request.



[eprints@whiterose.ac.uk](mailto:eprints@whiterose.ac.uk)  
<https://eprints.whiterose.ac.uk/>

## **ISPAH 2018 Conference Abstract (250 words)**

“SitLess@Work” – developing an evidence-based framework to support the development, implementation and evaluation of interventions to reduce workplace sitting

### **Introduction:**

Prolonged sitting is associated with increased risks of chronic disease and premature mortality. Given workplaces contribute to a large proportion of our daily sitting time, interventions to reduce workplace sitting are important public health initiatives. Previous systematic reviews suggest such interventions can be effective, but there is a need to explore the factors that might explain variation in effectiveness of workplace sitting interventions in more detail.

### **Methods:**

A qualitative systematic review was conducted. Four health and social science databases were searched for studies set in the workplace, with desk-based employees and the primary aim of reducing workplace sitting. Extracted data were primarily from author descriptions of intervention implementation. Thematic synthesis was undertaken.

### **Results:**

Forty studies met the inclusion criteria. Ten descriptive themes were identified from which emerged three higher-order themes: the development, implementation and evaluation of workplace sitting interventions. Key findings included: balancing top-down and bottom-up approaches; grounding interventions in theory; and conducting comprehensive process and outcome evaluations. Contextual information related to implementation was generally underreported.

### **Conclusions:**

These findings provided the basis for a framework to support workplace sitting intervention development, implementation and evaluation, which incorporates all ten descriptive themes, and the detailed reporting of contextual information. After formal testing, the framework will be used to develop a practical toolkit to be used by a range of organisations to develop, implement and evaluate their own interventions to reduce workplace sitting time.

### **External Funding:**

KM's Doctoral Research Fellowship is funded by the National Institute for Health Research (DRF-2016-09-023).