

VU Research Portal

Reducing sitting time in office workers

Renaud, L.R.

2020

document version

Publisher's PDF, also known as Version of record

Link to publication in VU Research Portal

citation for published version (APA)
Renaud, L. R. (2020). Reducing sitting time in office workers. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam].

General rightsCopyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
 You may freely distribute the URL identifying the publication in the public portal

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

Download date: 20. Jul. 2025

Table of content

		Page
1.	General introduction	7
	Part I: natural behaviours and perceptions of office workers with long-term access to sit-stand workstations	21
2.	Long-Term Access to Sit-Stand Workstations in a Large Office Population: User Profiles Reveal Differences in Sitting Time and Perceptions	23
3.	Natural patterns of sitting, standing and stepping during and outside work – differences between habitual users and non-users of sit-stand workstations	57
4.	The user and non-user perspective: experiences of office workers with long-term access to sit-stand workstations	75
	Part II: effectiveness of interventions to reduce sitting time in office workers	101
5.	Effectiveness of the multi-component dynamic work intervention to reduce sitting time in office workers – Results from a pragmatic cluster randomised controlled trial	103
6.	'The End of Sitting' in a public space: observations of spontaneous visitors	133
7.	General discussion	151
	Appendix	177
	References	178
	Study materials	196
	Summary	212
	Samenvatting	216
	Publications	222
	Thank you	224
	About the author	228