



FORCE 118-26936

RESULTS

Field Trial at Kamstrup using Back App Equipment Baseline & 6 weeks follow up surveys

Client: Back App		Client's Ref.: Freddy Johnsen / Kenneth Andersen			
Author(s): Afdelingen for Anvendt Psykologi		Date: 07.05.2019			
		Approved by:  Peter K. Sørensen Vice President			
A	Afrapportering af resultater fra 2 runder surveys	Afd. Anvendt Psykologi	JEBS	PKS 	Maj 2019
Rev.	Description	By	Checked	Approved	Date
Keywords: Field Trial, Back App Equipment, Lower back pain, experiences from usage				Classification: <input checked="" type="checkbox"/> Open <input type="checkbox"/> Internal <input type="checkbox"/> Confidential	

Field Trial with employees at Kamstrup, using Back App Equipment

The data presented here stems from a field trial at Kamstrup consisting of 2 surveys, one prior to the use of Back App 2.0 and Back App 360, and one follow up surveys (after 6 weeks).

When reading this presentation, it is highly recommendable to have a copy of the questionnaires at hand. Due to the nature of the survey design, some questions did vary in their formulations across the baseline and follow up surveys.

All participant's responses to all questions will be presented here, and it is important to demonstrate caution on the interpretation of the results and possible trends spotted. The limitations in interpretations are presented at the relevant tables below, but throughout this field trial no control group has been part of the investigation, clearly making it difficult to identify a full picture of influencing variables (confounders) on the response patterns seen. It is quite possible that other factors than the use of Back App equipment are causing the trends presented here.

Background data

The field trial included 35 employees, all having completed the BASELINE and the 6 weeks FOLLOW UP questionnaire.

As shown, most of the participants are male:

	No. of participants	Percent
Female	15	42,9
Male	20	57,1
Other	0	0,0
Total	35	100,0

The average age is 42,5 years, the youngest being 24 years and the oldest 63 years.

Almost 70% of the participants indicate their height as being between 160 cm and 182 cm:

	No. of participants	Percent
Lower than 160 cm	0	0,0
Between 160 and 182 cm	24	68,6
Taller than 182 cm	11	31,4
Total	35	100,0

Almost participants indicate their weight as being between 50 and 125 kg:

	No. of participants	Percent
Less than 50 kg	0	0,0
Between 50 and 125 kg	35	100,0
More than 125 kg	0	0,0
Total	35	100,0

Which type of chair did people use prior to the field trial?

At the baseline measure, we asked people the following question:

What type of chair have you been using before the upcoming Back App test period?

One choice only.

- Standard office chair with back rest
- Standard office chair with back rest and arm rest
- Elevated office stool with foot ring
- Perching stool

Other (please specify)

The responses are shown in the following table:

	No. of participants	Percent
Standard office chair with back rest	34	97,1
Standard office chair with back and arm rest	1	2,9
Elevated office stool with foot ring	0	0,0
Perching Stool	0	0,0
Total	35	100,0

How do participants rate their old chair?

We also asked them to rate their old chair:

How would you rate your current chair?

Very comfortable, good Quite comfortable Comfortable, fair Quite uncomfortable Very uncomfortable, poor

○ ○ ○ ○ ○

Other (please specify)

The responses were:

	No. of participants	Percent
Very comfortable, good	3	8,6
Quite comfortable	10	28,6
Comfortable, fair	20	57,1
Quite uncomfortable	1	2,9
Very uncomfortable, poor	1	2,9
Total	35	100,0


Note that **2 people** rate their chair as either “**quite uncomfortable**” or “**Very uncomfortable**”. Using a chair with that experience for many hours every day should raise concern.

How many hours do you **sit** during a normal work day?

This question varied slightly from baseline to the follow up.
Please refer to the questionnaire printouts for inspection of the questions asked.

Think of a normal/average work day:
How many hours per day are you **SITTING** at your computer work station?

0-2 hours 2-4 hours 4-6 hours More than 6 hours



	No. of participants BASELINE	Percent	No. of participants 6 weeks follow up	Percent
0-2 hours	1	2,9	7	20,0
2-4 hours	6	17,1	12	34,3
4-6 hours	18	51,4	9	25,7
More than 6 hours	10	28,6	7	20,0
Total	35	100,0	35	100,0

The pattern seen at BASELINE changed in **a significant way**, which means that participants at the 6-weeks follow up indicate to spend **fewer hours sitting** at their workstation when using Back App 2.0 compared to using their old chair. *Wilcoxon signed rank test: $Z=-3,14$ $p < 0,05$ ($p = 0,002$).* However, a cautious interpretation is needed: The formulation of the question at the 6-weeks follow up leaves room for a different interpretation. Participants might have answered the question believing they were required to indicate how many hours they are sitting on the Back App 2.0 only. Maybe they still have their old chair nearby and sometimes use this as their preferred device at the work station. Hours spend on the old chair are not included, which might bring the total hours spend sitting to a higher level than revealed through this question.

How many hours do you **stand** during a normal work day?

This question varied slightly from baseline to the follow up.

Please refer to the questionnaire printouts for inspection of the questions asked.

Think of a normal/average work day:

How many hours per day are you **STANDING** at your computer workstation?

0-1 hour

1-2 hours

2-3 hours

3-4 hours

More than 4 hours



	No. of participants BASELINE	Percent	No. of participants 6 weeks follow up	Percent
0-1 hour	23	65,7	21	60,0
1-2 hours	9	25,7	11	31,4
2-3 hours	2	5,7	3	8,6
3-4 hours	0	0,0	0	0,0
More than 4 hours	1	2,9	0	0,0
Total	35	100,0	35	100,0

In this case, the pattern seen at BASELINE did not change in any significant way, which means that participants at the 6-weeks follow up indicate to spend the same number of hours standing at their workstation when having Back App 360 at their disposal. *Wilcoxon signed rank test: $Z = -0,58$, $p > 0,05$ ($p = 0,56$)*. The trend in responses might very well reflect that participants indicate the hours spend on the Back App 360, not including hours spend standing directly on the floor. Since the formulation of this question at the follow up leaves room for different interpretations, the total hours spend standing might be higher than revealed through the table above.

How **often** have you experienced pain in the upper body?

This question varied slightly from baseline to the follow up.

Please refer to the questionnaire printouts for inspection of the questions asked.

How often have you experienced pain in either the

- back
- shoulder(s)
- neck
- head
- arm(s) or
- hand(s)

at work during the past 6 months?

Never, almost never Once a week 2-3 days a week Almost every day



	No. of participants BASELINE	Percent	No. of participants 6 weeks follow up	Percent
Never, almost never	8	22,9	15	42,9
Once a week	14	40,0	10	28,6
2-3 days a week	7	20,0	6	17,1
Almost every day	6	17,1	4	11,4
Total	35	100,0	35	100,0

Looking at the follow up column, 2 people have moved out of the category “Almost every day” and the number of participants in the “Never, almost never” has increased with 7. The people leaving the highest category are not the same as those entering the lowest, but still: They have all entered a lower category after using Back App equipment.

To check for the trend of participants experiencing pain in various areas less frequently when using Back App for 6 weeks, we have used the Wilcoxon Signed Ranks Test.

Ranks

		N	Mean Rank	Sum of Ranks
How often pain 6 weeks vs	Negative Ranks	13 ^a	9,12	118,50
How often pain at Baseline	Positive Ranks	4 ^b	8,63	34,50
	Ties	18 ^c		
	Total	35		

a. How often pain 6 weeks < How often pain at Baseline

b. How often pain 6 weeks > How often pain at Baseline

c. How often pain 6 weeks = How often pain at Baseline

The Wilcoxon signed ranks test: $Z=-2,08$, $p<0,05$ ($p=0,038$).

As shown the “negative ranks” = 13, which means that 13 participants have indicated to experience pain **less frequently** after using Back App for 6 weeks compared to their frequency of pain experience prior to the use of Back App equipment. 18 participants experience no difference and 4 participants a higher frequency in pain experiences. The tables tell us nothing about the ‘amount’ or level of pain experienced. However, this is a statistically significant result (as opposed to a random pattern) and it could indicate, that a fair amount of people (37%, 13 out of 35) tend to experience pain **less frequently** in the upper body when using Back App for 6 weeks, compared to the use of ordinary office chairs.

At Baseline we ask people to think back 6 months and this might have an influence on the accuracy of the given responses since it is harder to remember the “history of pain” through 6 months without reminders along the way, rather than through 6 weeks, where attention for each participant is more focused on bodily pain, due to the participation in the field trial. Also, this field trial does not involve a control group, leaving room for uncertainty in the interpretation of where the less frequently experienced pain stems from (e.g. organizational changes, other work environment changes).


The experienced level of lower back pain

This question varied slightly from baseline to the follow up.
Please refer to the questionnaire printouts for inspection of the questions asked.

Do you experience lower back pain during a normal work week?

Very little lower back pain Some lower back pain Quite a bit of lower back pain A lot of lower back pain

No lower back pain pain pain back pain pain



Note that this question (at BASELINE) aims to the level of experienced pain in the lower back in general, and not with reference to the “past 6 months”. The responses were:

	No. of participants BASELINE	Percent	No. of participants 6 weeks follow up	Percent
No lower back pain	12	34,3	15	42,9
Very little lower back pain	13	37,1	8	22,9
Some lower back pain	7	20,0	8	22,9
Quite a bit of lower back pain	3	8,6	4	11,4
A lot of lower back pain	0	0,0	0	0,0
Total	35	100,0	35	100,0

To check for the trend of participants experiencing pain in the lower back less frequently when using Back App for 6 weeks, we have used the Wilcoxon Signed Ranks Test.

The Wilcoxon signed ranks test: $Z=-0,09$, $p>0,05$ ($p=0,92$).

This is not a statistically significant result ($p>0,05$), indicating no change in the level of pain experienced in the lower back when using Back App for 6 weeks, compared to the use of ordinary office chairs.

A significant reduction in the number of painful areas on the body

Baseline:

Which of the following have you experienced during a normal work week that included pain? Multiple choices allowed.

<input checked="" type="checkbox"/> Lower back pain/stiffness	→	1 point
<input type="checkbox"/> Shoulder and neck pain/stiffness		
<input checked="" type="checkbox"/> Headaches during or after work	→	1 point
<input checked="" type="checkbox"/> Arm and/or hand pain	→	1 point
<input type="checkbox"/> None of the above		
<input type="checkbox"/> Other (please specify)		

Total: 3 point

In this question participants can check several boxes to indicate the number of (and which) painful areas on the upper body. In the example above a participant has indicated three areas, which translates into a “pain score” of three. Thus, it is possible for a participant to achieve a pain score of 0 (zero) through 4. Reviewing the comments made in the “other”-category could of course qualify for an extra point, making it possible to obtain a pain score of 5 as a maximum.

The same question during the 6 weeks follow up looked like this:

This question regards the period you have been using Back App 2.0 and Back App 360.

Which of the following have you experienced during a normal work week that included pain? Multiple choices allowed.

- Lower back pain/stiffness
- Shoulder and neck pain/stiffness
- Headaches during or after work
- Arm and/or hand pain
- None of the above
- Other (please specify)

1 point

Total: 1 point

As was the case with the Baseline questionnaire, participants could make use of several check boxes in the follow up. The example above shows one participant's follow-up pain score of 1.

The points achieved were:

	No. of participants BASELINE	Percent	No. of participants 6 weeks follow up	Percent
Pain score = 0	3	8,6	7	20,0
Pain score = 1	14	40,0	16	45,7
Pain score = 2	12	34,3	9	25,7
Pain score = 3	6	17,1	3	8,6
Pain score = 4	0	0,0	0	0,0
Pain score = 5	0	0,0	0	0,0
Total	35	100,0	35	100,0

At baseline only 3 participants indicated to be without any pain (Pain score = 0) in the upper body during a normal week. At the 6-weeks follow up, this has changed to 7 participants.

The trend clearly seems to be that participants indicate a lower number of painful areas both in the follow up, which is also confirmed in the statistical calculations:

Pain scores: Higher or lower at 6 weeks follow up?

	N	Mean Rank	Sum of Ranks
PainScore 6 weeks vs Negative Ranks	11 ^a	8,18	90,00
PainScore Baseline Positive Ranks	3 ^b	5,00	15,00
Ties	21 ^c		
Total	35		

- a. PainScore 6 weeks < PainScore Baseline
- b. PainScore 6 weeks > PainScore Baseline
- c. PainScore 6 weeks = PainScore Baseline

Wilcoxon signed ranks test: $Z=-2,4$, $p<0,05$ ($p=0,015$).

As shown the “negative ranks” = 11, which means that 11 participants experience pain in a **fewer** number of upper body areas after using Back App for 6 weeks compared to their experienced number of painful areas prior to the use of Back App equipment. 21 participants experience no difference and 3 participants a higher number of painful areas. The tables tell us nothing about the ‘amount’ or strength of pain experienced. However, this is a **statistically significant** result (as opposed to a random pattern) and strongly indicates, that a third participants (approx. 31%, 11 out of 35) tend to experience pain in fewer areas of the upper body when using Back App for 6 weeks, compared to the use of ordinary office chairs.

Since this field trial did not include a control group, caution must be taken when trying to conclude on the causes of the reduction in pain score. We cannot know for sure, whether other factors have contributed to the effect registered (confounding variables). The lower number of painful areas could stem from many other variables, i.e. we do not know what else has happened in the company in question here.

Overview of painful areas indicated

- Q13 at Baseline and Q11 at 6 weeks unfolded

Adding insight to the analysis we have looked at the distribution of painful areas indicated by the participants:

	No. of participants BASELINE	Percent of 35 participants	No. of participants 6 weeks follow up	Percent of 35 participants
Shoulder and neck pain/stiffness	27	77,1	17	48,6
Headaches during or after work	11	31,4	8	22,9
Lower back pain/stiffness	12	34,3	14	40,0
Arm and/or hand pain	3	8,6	2	5,7
None of the above (pain score = 0)	3	8,6	7	20,0

Please note: The sum in each column does not add up to 100 %, since each participant were allowed to select multiple areas on their body.

The management of pain

This question varied slightly from baseline to the follow up.
Please refer to the questionnaire printouts for inspection of the questions asked.

**If you experience pain during a normal work week:
How often do you eat "pain killers" to reduce this pain?**

Never, almost never
 1-2 days during the week
 3-4 days during the week
 5-6 days during the week
 All week
 Not relevant to me

Responses to this were:

	No. of participants BASELINE	Percent	No. of participants 6 weeks follow up	Percent
Not relevant to me	3	8,6	4	11,4
Never, almost never	24	68,5	26	74,3
1-2 days during the week	7	20,0	4	11,4
3-4 days during the week	1	2,9	0	0,0
5-6 days during the week	0	0,0	1	2,9
All week	0	0,0	0	0,0
Total	35	100,0	35	100,0

Note that the category "Not relevant to me" is included, so that participants not experiencing any pain or not wanting to answer the question, can give a meaningful answer to this question as well.


There is no significant change in the frequency of pain management among the participants.

How often do you feel tired?

This question varied slightly from baseline to the follow up.
Please refer to the questionnaire printouts for inspection of the questions asked.

How often do you feel tired at the end of a normal work day?

Frequently/every day Quite often Every now and then Infrequently Never



	No. of participants BASELINE	Percent	No. of participants 6 weeks follow up	Percent
Never	3	8,6	1	2,9
Infrequently	10	28,6	12	34,3
Every now and then	15	42,9	17	48,6
Quite often	7	20,0	5	14,3
Frequently/every day	0	0,0	0	0,0
Total	35	100,0	35	100,0

Wilcoxon Signed Ranks Test: $Z = 0,0$; $p = 1,0$

Analyzing the data reveals no statistically significant reduction in the frequency with which participants feel tired after a normal work day.

Rating the ability to work

This question varied slightly from baseline to the follow up.
Please refer to the questionnaire printouts for inspection of the questions asked.

This question regards the period you have been using Back App 2.0 and Back App 360.

During a normal week:

How would you grade your ability to work?

Low
 Somewhat low
 Moderate
 Somewhat high
 High

The response pattern from the surveys:

	No. of participants BASELINE	Percent	No. of participants 6 weeks follow up	Percent
Low	0	0,0	0	0,0
Somewhat low	0	0,0	0	0,0
Moderate	6	17,1	5	14,3
Somewhat high	13	37,1	18	51,4
High	16	45,7	12	34,3
Total	35	100,0	35	100,0

No statistically significant trends were found here. Participants experience an **unaffected ability to work** during the field trial.

Would you like to replace your regular chair to a Back App 2.0?

Would you like to replace your regular office chair with Back App 2.0 and Back App 360?

Yes

No

For obvious reasons this question was not asked in the baseline survey, but at the follow up only. The response pattern looks like this:

	No. of participants 6 weeks follow up	Percent
Yes	20	57,1
No	15	42,9
Total	35	100,0

Which after 6 weeks is approximately 57 %.

Of course, the responses given should be seen in the light of "who is paying". The respondents here are not paying for a chair out of their own pocket. Maybe the response pattern would be different if they were to pay themselves.

Yes or no - elaborations

Please help us understand why you selected the answer above:
(why yes or why no)

On the following pages we have divided the statements into those stemming from yes or no indications, respectively. Note that all statements (typos included) are the originals.

Please, also be aware that even though all statements are numbered, it is not possible to view equally numbered lines of statements as stemming from the same person.

The statements shown are merely included to give a flavor of the thoughts and reflections from the pro- and con-users of Back App equipment.

Yes – I would like to replace my regular chair to Back App 2.0

1. Back App 2.0 kunne godt være interessant. Back App 360 har jeg stort set ikke brugt.
2. Back App stolen er et godt supplement til den alm kontor stol
3. Bedre for kroppen end en almindelig stol
4. da jeg kan mærke en væsentlig forbedring af min siddekomfort og har det bedre i ryg og lænd
5. Det har hjulpet på lende smerter
6. DET VAR SUPER GODT FOR MIN LÆND. DEN VIL HELT SIKKERT FORBEDRE MIN HOLDNING OG RYG/LÆNDE MUSKLER
7. Giver en bedre holdning og det er ikke nemt at falde sammen, som man kan komme til på en normal kontorstol
8. Giver helt klart en bedre holdning - sidder 'pænere'
9. God mulighed for at variere arbejdsstillingen
10. Godt at have en ergonomisk mulighed at væksle med, så kroppen ikke belastes ensidigt
11. Ingen gener ved skift og gratis core træning, så hvorfor falde tilbage til kontorstolen.
12. Ja "sidder" bedre og får bevæget mig mere.
13. Jeg anvender stolen meget, idet jeg aktiveres i løbet af dagen og kommer ikke så meget "ned i gear"/falder sammen som tidligere når jeg sad på en almindelig stol.
14. Jeg har en god holdning når jeg sidder. Jeg har styrket min ryg og jeg sidder mere behageligt og "oplagt" på stolen.
15. Jeg kunne godt tænke at udskifte min alm. konterstol med en Back App, men det ville min shef ikke være med på.
16. Jeg synes at det giver en bedre holdning at sidde på stolen.
17. Jeg synker ikke nær så meget sammen i ryggen, når jeg bruger Back App stolen, som jeg gør på min almindelige kontorstol.
18. Jeg vil egentlig gerne skifte stol en gang imellem. Jeg syntes Back App gør det godt, uden at være for træls at sidde på. Jeg har også ret svært ved at sidde og hænge.
19. Some small improvements to back/neck pain. Helps to stay more alert.
20. Umiddelbart syntes jeg, at den er god at sidde på, men jeg er ret irriteret over, at hjulene er for dårlige og at den dermed er svær at navigere på plads.

No – I would not replace my regular chair to Back App 2.0

1. Back App 2.0 fungerer fint, som aflastning men syntes ikke jeg sidder behageligt igennem længere tid. Men tænker at det kunne være smart at have et par stykker i afdelingen, som man så kan bruge en gang imellem
2. Back App 2.0 passer mig ikke. Jeg sidder ikke særligt godt på den. Back App 360 bruger jeg derimod ofte.
3. Begge dele er behagelige at bruge, men jeg føler ikke nogen tydelig effekt af dem i forhold til min krop. Jeg synes derfor det er for dyrt i forhold til resultatet, hvis det er noget firmaet skal vægte imod andre goder.
4. Bryder mig ikke om at sidde på stoler. Bruger gerne vippebrættet
5. Jeg er ikke begejstret for stolen. Jeg oplever, at jeg kommer til at sidde forkert
6. Jeg er mest til ståbrættet
7. Jeg fandt at jeg tit skulle flytte bagdelen "tilbage", da jeg blev øm i mellemkødet af at bruge stolen i længere tid af gangen. Jeg kan godt lide at sidde med den ene ankel hvilende på det modsatte knæ, det er praktisk talt umuligt med Back App
8. Jeg fik oftere ondt i ryg og nakke + spændingshovedpiner ved brug af udstyret end ved min almindelige kontorstol (der heller ikke er perfekt.)
9. Jeg har ikke haft problemer med smerter før jeg begyndte på Back App
10. Jeg har ikke oplevet en nævneværdig forskel med stolen, til gengæld kunne jeg godt finde på at beholde balancebrættet.
11. Jeg har kun behov for vippebrættet
12. Jeg kan godt lide at veksle mellem alle tre varianter
13. Jeg synes ikke jeg sidder særlig godt på stolen
14. Jeg vil gerne have back app som supplement, men pga af strålebehandling i bækken området kan jeg ikke bruge den hele tiden. Det kan dog være det sker forbedringer i løbet af de næste par år så jeg kan nøjes med back app
15. Jeg vil gerne kunne afveksle mellem to stole. Jeg føler mig lidt låst fast i Back App 2.0. Kan ikke bevæge benene sideværs. Man sidder med konstant let spredte ben, og det er ikke behageligt i længden.

Please tell us about your experience with Back App 2.0/360

Please tell us about your experience with Back App 2.0 and Back App 360 so far:

Again, it makes sense to divide the responses between those in favor of switching chairs and those not keen on the idea.

Yes – (elaborations on the general experience with Back App)

1. Øget bevægelsesniveau, mere opmærksom på at få stået i løbet af dagen. Det fungerer rigtig godt.
2. Det har været en fornøjelse at få en stol som jeg sidder godt på, får en langt bedre siddeholdning
3. føles meget naturligt at sidder på, og meget behageligt
4. Fint at kunne bevæge sig lidt og skifte stilling
5. God komfort i stolen. Brættet er ikke så relevant for mig da jeg ofte "flytter" på mine fødder mens jeg står op.
6. Good experience.
7. Har specielt været glad for vippeenheden til stående brug. Den gør, at man ikke står stationært, og det kan mærkes ved, at jeg står længere af gangen en før.
8. Jeg har jævnligt anvendt Back App 2.0, men desuden anvendt min gamle kontorstol og ofte også stået op. Det har været fint at veksle.

9. JEG KAN GODT LIDE STOLEN, LIDT BØVLET AT KOMME PÅ... OG AF, OG DET ER ENSET GRUND JEG NOGLE GANGE VALGT DEN GL.KONTORSTOL
10. Jeg sidder på BackApp stolen ca 6 timer om dagen :) og ikke længere med benene over kors - fordi det ikke er oplagt/muligt på BackApp - DET er helt sikkert godt for ryggen. Føler ikke længere det samme behov for at komme op at stå og komme ud og røre sig. :)
11. man bliver tvunget til at sidde på en måde så man er mere opmærksomt på at sætte rigtigt
12. Min kollega ville også gerne prøve stolen og det endte med at han nu sidder på den mere eller mindre permanent!
13. Rart med skift mellem almindelig stol og Backapp stol:-)
14. Rigtig gode.
15. Selve brættet har jeg ikke brugt meget. Jeg kan ikke rigtig forklarer hvorfor, men det har ikke rigtigt passer til mig, idet jeg hellere har brugt et regulært trænings bræt. (Men ikke anvendt et i test perioden) Stolen er jeg kanon glad for, uden hjul, da modstanden imod gulvet har givet lidt udfordringer (vælte farer). Stolen har været brugt flittigt også over hele dage men stor succes.
16. Skiftede til Back App 2.0 fra dag 1, men har endnu ikke fået indarbejdet Back App 360 til en fast rutine. Dette er mit næste fokus.
17. Stolen er dejlig blød, men jeg syntes ikke, at der er væsentlig forbedring i forhold til smerter i ryg og nakke. Jeg syntes også sagtens, at jeg kan falde sammen i ryggen, selvom jeg fik at vide, at det ikke kunne lade sig gøre :-O
18. Stolen er et aktiv for mig og styrker min ryg. Den er lidt skrumlet at flytte på og at "stige op på". Men når jeg sidder, sidder jeg rank.
19. Troede at jeg ville skifte mellem almindelig kontorstol og Back App, men har ikke rigtig brugt den almindelige kontorstol siden.
20. Vippebrættet har jeg ikke brugt ret meget, når jeg står op, men stolen kunne jeg ret hurtigt sidde på stort set hele dagen. I starten kunne jeg godt mærke på ryggen at min siddestilling blev ændret, men det varede heldigvis ikke ret længe inden ryggen havde vænnet sig til stolen.

No – (elaborations on the general experience with Back App)

1. Brugte stolen de første par dage, men har stort set ikke brugt den siden. Bruger brættet dagligt
2. De har været behagelige at bruge. Der har ikke været den store tilvending, på trods af at de begge har stået på max kort tid efter starten, og at de har erstattet kontorstolen 100%. Men igen har effekten ikke været mærkbar, selvom jeg har prøvet en dag udelukkende på kontorstol for sammenligning.
3. Det har været interresant at bruge stolen og kan godt mærker at man sidder på en helt anden måde i forhold til min normale kontorstol. Brættet har jeg ikke brugt ret meget, da jeg føler mig låst for meget i forhold til at kunne bevæge sig. Der fortrækker jeg at stå direkte på gulvet.
4. Det har været sjovt og lærerigt. Jeg synes jeg kan mærke forskel, men jeg har meget svært ved at give slip på min kontorstol. Jeg vil gerne beholde vippebrættet da jeg synes det fungerer rigtig godt!
5. En rigtig god oplevelse som jeg kommer til at savne hvis jeg ikke må beholde den.
6. Generelt positivt forløb. Sædet/sædeformen på stolen passer mig ikke så godt at sidde i.
7. Ikke voldsom effekt for mit vedkommende. Ellers se spørgsmål 16
8. JEg er meget begejstret for vippebrættet. Mest fordi, at det gør det lidt mere spændende at stå op
9. Jeg har brugt Back App 2.0 om formiddagen og har skiftet til min anden kontorstol efter frokost. Det har fungeret fint. Jeg synes dog ikke stolen kører så godt. Jeg har et køreunderlag og det er ligesom hjulene "graver" sig ned i underlaget. Måske skulle der være 5 hjul i stedet for 3, så vægten bliver bedre fordelt ligesom på en alm kontorstol.
10. Jeg har brugt begge dele skiftevist, forsøgt at bruge begge de dage jeg har været på kontoret. Jeg synes jeg har mest gavn af balancebrættet, jeg synes ikke stolen giver mig tilstrækkelig komfort i løbet af en hel dag til at skifte den normale kontorstol ud.
11. Jeg har ikke brugt stolen ret meget i testperioden, jeg synes ikke sædet har passet til mig. Vippebræddet har jeg heller ikke brugt, da jeg har haft et alternativ
12. Jeg kunne rigtig godt lide Back App 360 - den gjorde det lidt nemmere at blive stående i længere tid. Stolen fungerede ikke for mig og gav mig altid nakke/skuldersmerter og hovedpine indenfor meget kort tid. Jeg kom til at mangle støtten i et rigtigt ryglæn. Til gengæld kunne jeg godt lide, at stolen gav mulighed for at sidde højere end i en normal kontorstol. Derudover gjorde den større vinkel mellem lår og torso, når man sad i Back App stolen, at det var nemmere at indstille skrivebo
13. Jeg stoppede med at bruge Back App efter 1 uge - da det forårsagede lændesmerter, jeg har ikke tidligere haft smerter nogen steder
14. Jeg synes ståbrættet er rigtig godt.

15. Se pkt. 16.

=== 0 ===

FORCE Technology, Department of Applied Psychology
Lyngby, Denmark
May 2019.