

Sedentary work in desk-dominated environments

Citation for published version (APA):

Berninger, N. M. (2021). *Sedentary work in desk-dominated environments: design, development, production, and evaluation of a workplace sedentary behavior intervention*. Maastricht University. <https://doi.org/10.26481/dis.20210126nb>

Document status and date:

Published: 01/01/2021

DOI:

[10.26481/dis.20210126nb](https://doi.org/10.26481/dis.20210126nb)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright 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.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Propositions appended to the dissertation Sedentary work in desk-dominated environments

Nathalie M. Berninger

1. VitaBit is a low-cost, direct-to-consumer, yet valid sedentary behavior monitoring tool enabling large scale monitoring, measures and interventions.
– *This thesis*
2. Sitting much is not detrimental per se. It needs to be regularly interrupted, and the daily sequential pattern matters as well. - *This thesis*
3. A sedentary behavior intervention needs both a measurement tool and a coach. None of the two can be effective by themselves. – *This thesis*
4. Among motivated office workers, the UPcomply intervention is not effective in reducing sedentary behavior. – *This thesis*
5. Careful and systematic investigation facilitates the development of great interventions.
6. Human behavior is an enormously complex set of things. That mixture of underlying things is different for different people, so it's not just complex, it's meta-complex. - *Vivienne Ming*
7. Interventions are like fruit trees: If you stop taking care, they will not yield.
8. For a positive return on investment, the value of an intervention needs to exceed the costs. But less costs cannot easier be exceeded if the intervention is not effective.
9. Changing behavior is much more difficult than what you learn from studies. You can either be disenchanted and stop trying it, or you re- and re-question all findings and persist.
10. I think we've outgrown full-time education ... Time to test our talents in the real world, d'you reckon? — *Fred Weasley*

More is more. But too much is too much.