Outcomes among individuals with social disadvantages. In addition, strategies for gaining political support, intersectionality strategies, and the creation of access routes to reach individuals with social disadvantages were specified as requirements for effectiveness.

Conclusion The current state of research concerning physical activity interventions in a community setting for individuals with social disadvantages is very limited. Because the target group is so broad, the evidence of successful approaches is heterogeneous. In order to assess the characteristics of physical activity promotion interventions, additional studies that focus on various groups of people with social disadvantages in real
The nudges were applied during the use of Time2Walk. For instance, behavioral nudges were applied to encourage people to walk more. Social nudges included releasing advertising material and personal contacts. A pre-post intervention evaluation was conducted using a single group design, participants functioned as their own controls. Data analysis was performed using a linear mixed model with random slope and intercept. Intercorrelation of repeated measurements was included in the models as random effect.

**Results**

The results showed significant decrease in sleeping problems (-4.04, 95% CI, -5.32 - -2.75) after the intervention. Moreover, there was a non-significant increase in the amount of time participants had felt relaxed and calm (0.33, 95% CI, -0.10 - 0.96) and a small non-significant decrease in the amount of time participants had felt sad (-0.004, 95% CI, -0.42 - 0.41). Finally, results showed a small non-significant increase in how much physical pain had challenged the daily work (0.04, 95% CI, -0.21 - 0.30).

**Conclusion**

The findings show that ITASPA intervention led to significantly reduced sleep problems. There was a tendency of improved self-ratings of feeling relaxed and calm as well as reduced feeling sadness. The intervention did not decrease ratings of whether physical pain challenged the daily work, however, the worksites decided to focus on the psychosocial work environment and thus changes in mental health are expected to show greatest effects.

**Keywords:** integrated approach, worksite intervention, mental health, cleaners, stepped wedge