

# Effect of exercise on work-related fatigue

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON20471

### Source

Nationaal Trial Register

### Brief title

RUNtervention

### Health condition

(Work-related) fatigue

## Sponsors and support

**Primary sponsor:** Behavioural Science Institute, Radboud University

**Source(s) of monetary or material Support:** Behavioural Science Institute, Radboud University

## Intervention

## Outcome measures

### Primary outcome

Work-related fatigue (measured with three indicators: emotional exhaustion/overall fatigue/need for recovery)

### Secondary outcome

Work ability, (work-related) self-efficacy, sleep quality, cognitive functioning, and aerobic

fitness. In addition, weekly single item measures of employees' well-being and exercise activities/experiences will be collected during the intervention period.

## Study description

### Background summary

The objective of this study is to evaluate to what extent an exercise intervention is effective in reducing work-related fatigue among employees. We will use an experimental design in which participants will be randomly allocated to either a 6-week exercise intervention (experimental condition, n=60) or a waiting list (control condition, n=60). The control condition receives the exercise intervention after 6 weeks - when the experimental condition has completed the exercise intervention. The participants of this study are employees experiencing high levels of work-related fatigue.

### Study objective

H1: the exercise intervention is effective in reducing (work-related) fatigue

H2: the exercise intervention is effective in improving (work-related) self-efficacy, sleep quality, work ability, cognitive functioning, and aerobic fitness.

### Study design

T0 (baseline): primary and secondary outcomes.

T1 to T6 (every week during the 6 week exercise intervention period): single item measures of employee well-being, exercise activities and exercise experiences (only for the intervention group).

T7 (immediately after the intervention): primary outcomes, secondary outcomes and single item measures of employee well-being

T8 (six weeks after the intervention, only for the intervention group): primary outcomes, secondary outcomes and single item measures of employee well-being

T9 (twelve weeks after the intervention, only for the intervention group): primary outcomes, secondary outcomes and single item measures of employee well-being

### Intervention

The exercise intervention will cover a 6-week period in which the participant will run under supervision of a licensed running trainer twice a week, and independently once a week. The participants will run at moderate intensity. Each running session lasts one hour and includes

warm-up, running, and cooling-down. The participants in the control condition (waiting list) receive the exercise intervention after six week of waiting - when the participants in the experimental condition have completed the exercise intervention.

## Contacts

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## Eligibility criteria

### Inclusion criteria

1. More than or equal to 2.2 on the emotional exhaustion scale of the UBOS (Schaufeli & Van Dierendonck, 2000); 2. More than or equal to 22 on the FAS (De Vries, Michielsen, Van Heck & Drent, 2004)

### Exclusion criteria

1. Drug dependence;  
2. Exercising more than 1 hour a week;  
3. Currently on medication that can alter mood/fatigue symptoms;  
4. Currently/in the past half year/on the waiting list for medical or psychological treatment for fatigue symptoms;  
5. Physical disease(s) that can cause fatigue; 6. Physical contra-indications for exercise (running).

## Study design

## Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

## Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-02-2015
Enrollment:	120
Type:	Anticipated

## Ethics review

Not applicable	
Application type:	Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

### Register ID

NTR-new NL4932

NTR-old NTR5034

**Register ID**

Other ECSW Ethical Commission Social Sciences Radboud University :  
ECSW2015-1901-278 DeVries-Kompier

**Study results**