

# COOL Challenge: The effect of a (hot-to) cold shower on health and work

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON22081

### Source

Nationaal Trial Register

### Brief title

COOL Challenge

### Health condition

General health  
Quality of health  
Work productivity

## Sponsors and support

**Primary sponsor:** Academic Medical Center, Amsterdam, Netherlands

**Source(s) of monetary or material Support:** Not applicable

## Intervention

## Outcome measures

### Primary outcome

Sickness absence in study period (from January to March 2015)

### Secondary outcome

Time of subjective sickness, quality of health and work productivity

## Study description

### Study objective

The primary aim is to determine whether a regular (hot-to-) cold shower can have a beneficial effect on immune function by reducing sickness absence.

Secondary aims are to determine effects on quality of health and work productivity.

### Study design

See above

### Intervention

Daily cold shower during 30 days starting warm as hot and long as preferred but ending with 30, 60 or 90 seconds according to group showering at the coldest available temperature

Intervention period : January 1st-30th 2015.

Follow-up period: January 31st-March 31st 2015. Participants of all three intervention groups are instructed to shower cold or warm as preferred

## Contacts

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## Eligibility criteria

### Inclusion criteria

- Men and women aged 18-65
- Employed
- No previous experience of cold bathing

### Exclusion criteria

- Significant comorbidity (such as severe cardiovascular or pulmonary disease)

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-01-2015
Enrollment:	2000
Type:	Actual

## Ethics review

Positive opinion

Date: 27-06-2015

Application type: First submission

## 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	NL5043
NTR-old	NTR5183
Other	METC AMC : W14_244 # 14.17.0296

## Study results