

Vitaler het touringcar hoogseizoen door

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22084

Source

NTR

Health condition

Need for recovery after work, and vitality

Sponsors and support

Primary sponsor: Coronel Institute for Occupational Health, AMC Amsterdam

Source(s) of monetary or material Support: FSO (Fonds Scholing en Ordening voor het besloten busvervoer)

Sustainable Employability in regions and sectors: 2016 EUSF 20164

Intervention

Outcome measures

Primary outcome

Vitality (sub-domain of SF-36)

Need for recovery after work (NFRQ)

Secondary outcome

Psychosomatic health (VOEG)

Sleep complaints and sleepiness (GSKS,SSS)

Mental load (SEB)

Study description

Background summary

In the coach sector, the peak season (April - October) is a period in which a large proportion of drivers who drive day trips or multi-day trips work relatively long hours over a long period of time, and often start work, execute and end work at irregular hours of the day. As this period progresses, fatigue can accumulate and vitality diminishes. As a result, vitality comes under pressure, a regular and healthy eating pattern gets in the way, and the work-recovery-sleep ratio comes under pressure. In the framework of the 'ESF subsidy Sustainable Employability in Regions and Sectors', the partners in the coach sector want to investigate whether it is possible to offer coach drivers self-help interventions during the peak season, which are intended, given the work situation during that period, to improve their vitality, but at least maintain it. This is done through a set of self-management interventions that focuses on three areas that are relevant to remain sustainably employable as a touring driver. These areas are: a. The personal work-rest-rest balance; b. the food and drink intake; c. the physical vitality. This intervention is adapted to the possibilities that coach drivers have to be able to work on these three areas. This is a controlled study with a preliminary and post-test, in which 1 group of drivers is offered the self-help interventions (the intervention group) and 1 group of drivers (the control or shadow group). The following research question is answered: Is it possible to maintain the degree of vitality at least during the high season of a coach with respect to the control group by means of self-management interventions aimed at work-rest ratio, eating habits and physical activity at work?

Study objective

Self help interventions are useful in preventing work-related fatigue in coach drivers in the peak season.

Study design

1 March, 1 July, 1 October

Intervention

A self-help toolbox on four aspects: work-recovery-rest-balance, food and drink intake, physical activity and peer support.

Contacts

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Eligibility criteria

Inclusion criteria

Coach drivers who are working in the peak season of 2018 and gave voluntary informed consent for participation

Exclusion criteria

Not completing the baseline measurement

Study design

Design

Study type: Interventional

Intervention model: Parallel

Allocation: Randomized controlled trial

Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-03-2018
Enrollment:	96
Type:	Actual

Ethics review

Positive opinion	
Date:	04-04-2018
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	NL6929
NTR-old	NTR7125
Other	METC: W17_126#17.145 : PIA: AMC2017-422

Study results