

# DBBO Night work Support Study

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Aim of this study is to evaluate the effectiveness of light glasses when used during night shifts, in terms of individual strength (fatigue, concentration, motivation, physical activity) and need for recovery.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON49280

### Source

ToetsingOnline

### Brief title

DBBO Night work Support Study

### Condition

- Other condition

### Synonym

shift woker syndrome

### Health condition

alle klachten/aandoeningen gelieerd aan verstoring van Circadiaans ritme

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Koninklijke Landmacht

**Source(s) of monetary or material Support:** Ministerie van Defensie

## Intervention

**Keyword:** Circadian rhythms, light glasses, night work

## Outcome measures

### Primary outcome

Overall score on the Checklist Individual Strength

### Secondary outcome

Score on the Need for Recovery Scale

Two stress-related parameters from the Garmin fitness tracker: Stress Index and Body Battery

## Study description

### Background summary

Approximately 6000 service members of the Netherlands Armed Forces (NAF) are regularly exposed to shift work and, thus, night work. NAF shiftworkers include employees of the NAF Security Organization. Recent guidelines on shift work and health suggest that light intervention is a promising mitigating strategy in shiftwork, but research has focused on health care population only so far.

### Study objective

Aim of this study is to evaluate the effectiveness of light glasses when used during night shifts, in terms of individual strength (fatigue, concentration, motivation, physical activity) and need for recovery.

### Study design

Randomised controlled cross-over study with two intervention groups

### Intervention

Use of Propeaq light glasses before and after night shifts in a period of 5

consecutive weeks

## Study burden and risks

Participants are requested to:

- use the light glasses during night shifts (before 30 minutes, after 30-45 minutes) in a period of 5 consecutive weeks
- fill in questionnaires (15 minutes) at 3 time points in the study
- wear a fitness tracker for 5 consecutive days at 3 time points in the study

No clear risks or health damage has been reported from using light glasses in a healthy population, Some people have reported mild complaints such as headache, dry or teary eyes, or dizziness.

## Contacts

### Public

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### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

## Inclusion criteria

Active service members Defense Organisation age 18-67 years

## Exclusion criteria

1. Retina-related malconditions
2. Not being able to perform regular working tasks without own glasses

## Study design

### Design

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

**Primary purpose:** Prevention

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	22-02-2021
Enrollment:	98
Type:	Actual

## Ethics review

Approved WMO	
Date:	03-02-2021
Application type:	First submission
Review commission:	METC Brabant (Tilburg)

## Study registrations

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

No registrations found.

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

ID: 20803

Source: Nationaal Trial Register

Title:

### In other registers

Register	ID
CCMO	NL76088.028.20
OMON	NL-OMON20803