Effect of exercise on work-related fatigue

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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.

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20471

Bron
Nationaal Trial Register

Verkorte titel
RUNtervention

Aandoening

(Work-related) fatigue

Ondersteuning

Primaire sponsor: Behavioural Science Institute, Radboud University
Overige ondersteuning: Behavioural Science Institute, Radboud University

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-02-2015
Aantal proefpersonen:	120
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing

Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL4932
NTR-old	NTR5034

Register	ID
Ander register	ECSW Ethical Commission Social Sciences Radboud University : ECSW2015-1901-278 DeVries-Kompier

Resultaten