

DBBO Night Shift Support Study

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Blue light glasses can manipulate (i.e., inhibit) body melatonin production to re-adjust the circadian rhythm of shift workers, thereby having the potential to enhance vigilance, cognitive function, and positive mood during night shift work.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20803

Bron

NTR

Verkorte titel

TBA

Aandoening

Not applicable

Ondersteuning

Primaire sponsor: none

Overige ondersteuning: No funding sources

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome measure of the current study is need for recovery, as measured with the 11-item Need for Recovery Scale from the Dutch Questionnaire on the Experience and Evaluation of Work (Van Veldhoven, & Broersen, 2003). Higher scores indicate an increased need for recovery.

Toelichting onderzoek

Achtergrond van het onderzoek

In this study, the effectiveness of blue light glasses in night shifts of security guards from the Netherlands Armed Forces Security Agency is evaluated. A randomised controlled cross-over trial is performed, with half of the study population using light glasses in a 5-week work shift schedule (comprising approx. 7 night shifts), and half of the study population using the light glasses during the following 5-week block schedule. Primary outcome is the need for recovery (validated questionnaire); secondary outcome measures include fatigue, motivation, concentration, and physical activity (validated questionnaire), as well as indications of stress and lack of physiological recovery as measured with a fitness tracker. The trial will be performed in the first half of 2021.

Doel van het onderzoek

Blue light glasses can manipulate (i.e., inhibit) body melatonin production to re-adjust the circadian rhythm of shift workers, thereby having the potential to enhance vigilance, cognitive function, and positive mood during night shift work.

Onderzoeksopzet

Baseline, week 5 (after 1st shift work block schedule), and week 10 (after 2nd shift work block schedule)

Onderzoeksproduct en/of interventie

Wearing blue light glasses for 30 minutes in the first half of a night shift

Contactpersonen

Publiek

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Wetenschappelijk

Netherlands Armed Forces
Pieter Helmhout

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Healthy volunteers from the Netherlands Armed Forces Security Agency aged 18 to 67 years.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Individuals with diseases of the retina (e.g., macular degeneration) were excluded from the study, as were security guards who were not capable of fulfilling their duty tasks without wearing their own glasses.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	22-02-2021
Aantal proefpersonen:	98
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Toelichting

N/A

Ethische beoordeling

Positief advies

Datum: 11-05-2021

Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 49280

Bron: ToetsingOnline

Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL9458
CCMO	NL76088.028.20
OMON	NL-OMON49280

Resultaten

Samenvatting resultaten

N/A