

Vitaler het touringcar hoogseizoen door

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

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

Samenvatting

ID

NL-OMON22084

Bron

NTR

Aandoening

Need for recovery after work, and vitality

Ondersteuning

Primaire sponsor: Coronel Institute for Occupational Health, AMC Amsterdam

Overige ondersteuning: FSO (Fonds Scholing en Ordening voor het besloten busvervoer)
Sustainable Employability in regions and sectors: 2016 EUSF 20164

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Vitality (sub-domain of SF-36)

Need for recovery after work (NFRQ)

Toelichting onderzoek

Achtergrond van het onderzoek

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?

Doel van het onderzoek

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

Onderzoeksopzet

1 March, 1 July, 1 October

Onderzoeksproduct en/of interventie

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

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Not completing the baseline measurement

Onderzoeksopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-03-2018
Aantal proefpersonen:	96
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	04-04-2018
Soort:	Eerste indiening

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	NL6929
NTR-old	NTR7125
Ander register	METC: W17_126#17.145 : PIA: AMC2017-422

Resultaten