

Development and evaluation of a workplace intervention study for promoting employees' recovery during shift work

No registrations found.

Ethical review	Not applicable
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21532

Source

Nationaal Trial Register

Brief title

Recovery intervention for shiftworkers

Health condition

Fatigue

Sponsors and support

Primary sponsor: TNO (Work & Health Research Program)

Source(s) of monetary or material Support: TNO Work & Health Research Program, which is funded by the Ministry of Economic Affairs and supported by the Dutch Ministry of Social Affairs and Employment, program number 19.204.1-3.

Intervention

Outcome measures

Primary outcome

Fatigue, need for recovery, recovery during work

Secondary outcome

Vigor, general perceived health, work ability, safety and performance

Study description

Background summary

Shift work can be demanding due to disturbances of biological and social circadian rhythms. This can cause short-term negative effects for employees, such as increased levels of fatigue and reduced alertness. A potential way to counteract these negative effects is to enhance employees' recovery from work during working hours. The aim of this study is to develop and implement an intervention that focuses on promoting 'on-job' recovery of shift workers.

The study takes place at a multinational company within the steel industry. For each of two departmental units of shift workers, an intervention will be developed and implemented through an iterative process of user-centered design and evaluation. This approach consists of various sessions in which employees and a project group (i.e., researchers, line managers, human resources (HR) managers, occupational health experts) provide input on intervention content and implementation.

The study is designed as a quasi-experimental field study with a waiting list control group, pretest-posttest design. One departmental unit will receive the intervention first, while the other departmental unit waits an additional three months before they can make use of the intervention. To analyze intervention effectiveness, follow-up measurements will be performed three (T1) and six (T2) months after the implementation of the intervention. Digital Ecological Momentary Assessment (EMA) will be used to gain insight in the link between the intervention and daily within-person processes. Finally, a process evaluation will be carried out to determine factors that may have either enhanced or mitigated the intervention effectiveness. Intervention results will be analyzed performing mixed model repeated measures analyses (MANOVA) and multilevel analyses.

Study objective

An intervention aimed at improving recovery during work will lead to less fatigue in shiftwork employees.

Study design

Measurements will take place at baseline, and 3 and 6 months after implementation of the intervention.

Intervention

The intervention will be custom-made through a user-centered design approach. Evidence-based recovery practices will be the starting point. Basic needs and requirements of the intervention will be determined in close consultation with the target group.

Contacts

Public

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Scientific

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Eligibility criteria

Inclusion criteria

Two departmental units of a multinational steel production company will participate. Employees of these units can participate in the study if they have a personal smartphone. This is necessary to be able to access the studies' questionnaires.

Exclusion criteria

If employees are on sick leave for more than 4 weeks at the moment of recruitment.

Study design

Design

Study type: Interventional

Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-01-2018
Enrollment:	150
Type:	Anticipated

IPD sharing statement

Plan to share IPD: No

Ethics review

Not applicable	
Application type:	Not applicable

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	NL7913
Other	TNO Institutional Review Board : 2019-019

Study results