

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

Gepubliceerd: 30-07-2019 Laatste bijgewerkt: 13-12-2022

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

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

Samenvatting

ID

NL-OMON21532

Bron

Nationaal Trial Register

Verkorte titel

Recovery intervention for shiftworkers

Aandoening

Fatigue

Ondersteuning

Primaire sponsor: TNO (Work & Health Research Program)

Overige ondersteuning: 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.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Fatigue, need for recovery, recovery during work

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

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.

Contactpersonen

Publiek

TNO
Irene Niks

0611297941

Wetenschappelijk

TNO
Irene Niks

0611297941

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	Niet-gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-01-2018
Aantal proefpersonen:	150
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

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	NL7913
Ander register	TNO Institutional Review Board : 2019-019

Resultaten