

Effect of exercise on fatigue among students

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Whereas initially the concept of burn-out was restricted to professions in the human services domain, over time the scope has been broadened to all sorts of professions and occupational groups (Schaufeli et al., 2002). Research indicates that full...

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

Samenvatting

ID

NL-OMON27301

Bron

Nationaal Trial Register

Aandoening

fatigue and burnout complaints

Ondersteuning

Primaire sponsor: Behavioural Science Institute Nijmegen

Overige ondersteuning: Behavioural Science Institute Nijmegen

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Fatigue (UBOS/FAS/Need for Recovery)

Toelichting onderzoek

Achtergrond van het onderzoek

The aim of this study is to assess the effect of an exercise intervention on fatigue and burnout of students. 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 waitlist (control condition, n=60). The control condition receives the exercise intervention when the experimental condition has completed the exercise intervention. The participants of this study will be university students (Dutch and German) who suffer from fatigue and burnout complaints.

Doel van het onderzoek

Whereas initially the concept of burn-out was restricted to professions in the human services domain, over time the scope has been broadened to all sorts of professions and occupational groups (Schaufeli et al., 2002). Research indicates that full time students can experience fatigue complaints and burn-out as well (Balogun et al., 1996). According to Mailey et al. (2010) the prevalence of mental health problems among college student is rising. The aim of this study is to find out whether an exercise intervention has positive effects in terms of improved physical fitness [Hypothesis 1], reduced fatigue problems [H2], and improved levels of general health and well-being [H3], cognitive functioning [H4], self-efficacy [H5], and participation in daily life [H6] in a group of university students who suffer from fatigue and burnout complaints.

Onderzoeksopzet

T1: baseline/pre-screening: Fatigue and burnout complaints (UBOS, FAS, Need for Recovery); indicators of health and well-being (report marks following de Bloom et al., 2010); estimated Vo2max (Conconi test); Cognitive functioning (2-back, SART, Matching Task, CFQ); Self-efficacy (General Self-Efficacy Scale); Participation in daily life

T2 to T6 (every week during the 6 week exercise intervention period): Health and Well-being (report marks following de Bloom et al., 2010); exercise experiences

T7: immediately after the intervention: Fatigue and burnout complaints (UBOS, FAS, Need for Recovery); indicators of health and well-being (report marks following de Bloom et al., 2010); estimated Vo2max (Conconi test); Cognitive functioning (2-back, SART, Matching Task, CFQ); Self-efficacy (General Self-Efficacy Scale); Participation in daily life

T8: two weeks after the intervention: Fatigue (UBOS/FAS/Need for Recovery); Health and Well-being (report marks following de Bloom et al., 2010); Self-efficacy (General Self-Efficacy Scale)
Participation in daily life; exercise

T9: four weeks after the intervention: Fatigue and burnout complaints (UBOS, FAS, Need for

Recovery); indicators of health and well-being (report marks following de Bloom et al., 2010); estimated Vo2max (Conconi test); Cognitive functioning (2-back, SART, Matching Task, CFQ); Self-efficacy (General Self-Efficacy Scale); Participation in daily life

T10: 12 weeks after the intervention: Fatigue and burnout complaints (UBOS, FAS, Need for Recovery); indicators of health and well-being (report marks following de Bloom et al., 2010); estimated Vo2max (Conconi test); Cognitive functioning (2-back, SART, Matching Task, CFQ); Self-efficacy (General Self-Efficacy Scale); Participation in daily life; Vo2 max

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 warming-up, running, walking and cooling-down.

The participants in the control condition (waiting list) receive the exercise intervention when the participants in the experimental condition have completed the exercise intervention.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Currently registered as 'student'
2. More than or equal to 2.2 on the UBOS for students (Schaufeli et al., 2002)
3. More than or equal to 22 on the FAS (Michielsen et al., 2003)

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 alter mood
4. Currently/in the past half year/on the waiting list for medical or psychological treatment
5. Physical disease(s) that can cause fatigue
6. Medical contra-indication for exercise (running)

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-02-2014
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	NL4201
NTR-old	NTR4412
Ander register	Ethical Commission Social Sciences Radboud University : ECSW2013-1811-142

Resultaten