

# The effect of fatigue on postural control and cognitive performance

<b>Submission date</b> 05/08/2025	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 05/08/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 05/08/2025	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The ability to maintain attention and react quickly is essential for military personnel, especially after physical exertion. This study aims to investigate whether the level of cardiorespiratory fitness (CRF) affects changes in vigilance and reaction time after intense physical exercise in trained soldiers.

### Who can participate?

Healthy male soldiers aged 25–40 years, with normal or corrected vision, who had passed the Annual Military Physical Fitness Test, and had no neurological, sensory, postural or gait disorders.

### What does the study involve?

Participants performed a computer-based attention test (go/no-go Psychomotor Vigilance Task) before and immediately after a maximal incremental treadmill running test to exhaustion. Reaction time, commission errors, and omission errors were recorded. The treadmill test followed the Bruce protocol with continuous gas exchange measurement. Based on  $VO_2$ max results, participants were classified into high or low CRF groups.

### What are the possible benefits and risks of participating?

This research can help improve training strategies to optimise cognitive performance after physical exertion in military and similar professions. Risks are minimal but may include temporary fatigue, dizziness, or mild gastrointestinal discomfort, which typically resolve within 12 hours.

### Where is the study run from?

The Exercise Physiology Laboratory, Faculty of Physical Activity and Sport Sciences, University of Valencia (Spain)

### When is the study starting and how long is it expected to run for?

September 2014 to June 2015

### Who is funding the study?

Investigator initiated and funded

Who is the main contact?

Dr Jose Luis Bermejo Ruiz, [j.luis.bermejo@uv.es](mailto:j.luis.bermejo@uv.es)

## Contact information

### Type(s)

Public, Scientific, Principal investigator

### Contact name

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

H1402563451425

## Study information

### Scientific Title

Cardiorespiratory fitness modulates the effect of acute exercise on vigilance performance in trained soldiers

### Acronym

CRF-Cognition

### Study objectives

Primary objective:

To determine whether cardiorespiratory fitness level modulates the effect of acute maximal exercise on vigilance performance in trained soldiers.

## Secondary objectives:

1. To compare changes in reaction time, commission errors, and omission errors before and after maximal exercise between high- and low-fitness groups.
2. To analyse whether the magnitude of improvement in vigilance differs according to baseline fitness level.

## Study hypothesis:

Acute maximal exercise will improve vigilance performance in trained soldiers, and the magnitude of improvement will differ depending on cardiorespiratory fitness level.

## Ethics approval required

Ethics approval required

## Ethics approval(s)

approved 25/07/2014, Ethics Committee of the University of Valencia (Av. Blasco Ibáñez, 13, Valencia, 46010, Spain; +34 (0)96 16 25 834; ceih@uv.es), ref: H1402563451425

## Study design

Interventional non-randomized controlled within-subject design

## Primary study design

Interventional

## Study type(s)

Other

## Health condition(s) or problem(s) studied

Cognitive performance, vigilance, and reaction time in healthy trained soldiers under acute physical fatigue

## Interventions

Participants completed a maximal incremental treadmill running protocol to exhaustion, followed by immediate post-exercise assessment of vigilance performance using a go/no-go psychomotor vigilance task (PVT). The same task was performed before exercise as baseline. Participants were classified into high- or low-cardiorespiratory fitness groups according to ACSM guidelines.

## Intervention Type

Behavioural

## Primary outcome(s)

Reaction time (milliseconds) is measured using a computer-based go/no-go Psychomotor Vigilance Task (PVT) at baseline (pre-exercise) and immediately after completion of the maximal incremental treadmill test (post-exercise)

## Key secondary outcome(s)

1. Commission errors (%) are measured using the same go/no-go PVT at baseline and immediately post-exercise
2. Omission errors (%) are measured using the same go/no-go PVT at baseline and immediately post-exercise

**Completion date**

30/06/2015

## Eligibility

**Key inclusion criteria**

1. Male soldiers aged 25–40 years
2. Passed Annual Military Physical Fitness Test (AMPFT)
3. Normal or corrected-to-normal vision
4. No neurological, sensory, postural, or gait disorders
5. No history of neuropsychological impairment

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

25 years

**Upper age limit**

40 years

**Sex**

Male

**Total final enrolment**

34

**Key exclusion criteria**

1. Cardiovascular disease or other contraindications to maximal exercise
2. Recent musculoskeletal injury
3. Consumption of stimulants or alcohol within 24 hours prior to testing

**Date of first enrolment**

01/09/2014

**Date of final enrolment**

30/06/2015

## Locations

**Countries of recruitment**

Spain

**Study participating centre**  
**University of Valencia**  
Faculty of Physical Activity and Sport Sciences  
C/ Gascó Oliag, 3  
Valencia  
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46010

## Sponsor information

**Organisation**  
Universitat de València

**ROR**  
<https://ror.org/043nxc105>

## Funder(s)

**Funder type**  
Other

**Funder Name**  
Investigator initiated and funded

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study are not publicly available due to participant confidentiality but are available from the corresponding author on reasonable request. All shared data will be fully anonymised, and requests will be considered for research purposes only, subject to approval by the research team and in compliance with institutional and ethical guidelines.

### IPD sharing plan summary

Not expected to be made available

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>			05/08/2025	No	Yes
<a href="#">Protocol file</a>			05/08/2025	No	No