Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of tailored internet–based intervention in patient with non specific persistent low back pain

Protocol summary

Summary

Effect of tailored internet-based intervention in patient with non specific persistent low back pain :A randomized control trial. The 81 patient with non specific persistent low back pain with Inclusion criteria: 18 – 65 years old. non-specific low back pain (more than 6 weeks) and Exclusion criteria: excessive weight loss in recent months.cancer.fever.urine and bowl incontinency. needles sensation and numbness in the lower knee. a history of recent trauma to the low back alocate randomly to two groups of 40 (control) and 40 intervention groups. The 40 patients in intervention group affected by non specific persistent low back pain use a website – specifically created for the project – for a period of 10 week. intervention group subjects educate weekly information about low back pain and aske to perform tailored exercises (strengthening, and stretching and core stability) weekly that will shown on the LBP specific website. Pain intensity, disability and quality of life Will be measured by the visual analog scale (VAS 0-10 cm) , Roland morris disability questionnaire and (WHOQOL) –BREF questionnaire, respectively, at baseline and at 12 weeks later. The 40 subjects in control group receive all untailored exercises and information after allocating to the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012121211736N1**
Registration date: **2012-12-27, 1391/10/07**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-12-27, 1391/10/07

Registrant information

Name

Fatemeh Taghdir

Name of organization / entity

Sport Medicin Research Center,Tehran University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 21 8863 0227

Email address

taghdir_f@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University Of medical sciences and Health Services

Expected recruitment start date

2012-12-20, 1391/09/30

Expected recruitment end date

2013-03-20, 1391/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of tailored internet–based intervention in patient with non specific persistent low back pain

Public title

Tailored internet–based treatment of low back pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:18 – 65 years old. non-specific low back pain (more than 6 weeks). Internet access and have an e-mail. Able to read and write Farsi. Exclusion criteria:

excessive weight loss in recent months.cancer. malaise.fever.urin and bowl incontinency. needles sensation and numbness in the lower knee. a history of recent trauma to the low back. The decision to perform surgery on the lumbar spine. use a wheelchair. having another disability in addition to back pain.pregnancy .night pain. use of oral corticosteroids.

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethinics committee of Tehran University of medical sciences

Street address
Keshavarz Boulvar .ghods street. Education building of Tehran university of medical sciences

City
Tehran

Postal code

Approval date
2012-12-20, 1391/09/30

Ethics committee reference number
92015320746

Health conditions studied

1

Description of health condition studied
Diseases of the musculoskeletal system andconnective tissue

ICD-10 code
M54.5

ICD-10 code description
Low back pain Loin pain Low back strain Lumbago NOS

Primary outcomes

1

Description
Pain intensity

Timepoint
at baseline and at 12 weeks later

Method of measurement
visual analog scale (VAS 0-10 cm)

Secondary outcomes

1

Description
disability

Timepoint
at baseline and at 12 weeks later

Method of measurement
Roland morris disability questionnaire

2

Description
quality of life

Timepoint
at baseline and at 12 weeks later

Method of measurement
(WHOQOL) –BREF questionnaire for quality of life

Intervention groups

1

Description
Intervention group subjects were educated weekly information about low back pain and asked to perform tailored exercises (strengthening, and stretching and core stability) weekly shown on the LBP specific website.

Category
Rehabilitation

2

Description
The subjects in control group received some untailored exercise (strengthening, and stretching and core stability) and information in one time after allocating to study

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Sport Medicine Research Center, Tehran University of Medical Sciences and Health Services
Full name of responsible person
Dr. Fatemeh Taghdir
Street address
No. 7- Opposite Shariati Hospital Clinic- After the overpass Nasr- Crossing Jalal Al Ahmad- Tehran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Medicine Research Center, Tehran University of Medical Sciences and Health Services
Full name of responsible person
Dr.Akbar Fotouhi
Street address
Faculty of Medicine- Tehran University of Medical Sciences- Keshavarz Blvd - Tehran
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Medicine Research Center, Tehran University of Medical Sciences and Health Services
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
Sport Medicine Research Center, Tehran University of Medical Sciences and Health Services
Full name of responsible person
Dr. Ramin Kordi
Position
associate professor of Tehran University of Medical Sciences and Health Services
Other areas of specialty/work
Street address
No. 7- Opposite Shariati Hospital Clinic- After the overpass Nasr- Crossing Jalal Al Ahmad- Tehran
City
Tehran
Postal code
14395-578
Phone
+98 21 8863 0227
Fax
Email
ramin_kordi@sina.tums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Sport Medicine Research Center, Tehran University of Medical Sciences and Health Services
Full name of responsible person
Dr. Fatemeh Taghdir
Position
Resident of sports and exercise medicine - Sport Medicine Research Center, Tehran University of Medi
Other areas of specialty/work
Street address
No. 7- Opposite Shariati Hospital Clinic- After the overpass Nasr- Crossing Jalal Al Ahmad- Tehran
City
Tehran
Postal code
14395-578
Phone
+98 21 8863 0227
Fax
+98 21 8800 3539
Email
taghdir_f@razi.tums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tehran University of Medical Sciences and Health Services - Sport Medicine Research Center
Full name of responsible person
Dr. Farough Taee
Position
Medical Student & Research Fellow -Tehran University of Medical Sciences and Health Services
Other areas of specialty/work
Street address
No. 7- Opposite Shariati Hospital Clinic- After the overpass Nasr- Crossing Jalal Al Ahmad- Tehran
City
Tehran
Postal code
14395-578
Phone
+98 21 8863 0227
Fax
+98 21 8800 3539
Email

faroughtaee@gmail.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty