

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 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 allocate 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

Ethnics 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 untailed 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

Tehran

Postal code

14395-578

Phone

+98 21 8863 0227

Fax**Email**

ramin_kordi@sina.tums.ac.ir

Web page address**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**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 Taei

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

faroughtae@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