

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

The effect of education based on health belief model in adopting preventive behaviors of low back pain in nurses

Protocol summary

Summary

The effect of education based on health belief model in adopting preventive behaviors of low back pain in nurses. The study population was the nurses working in Valeasr and Amir Kabir hospitals. Sample size was equal to 100 nurses that multi-stage sampling was used to select samples. also they were assigned into 2 Intervention and control groups randomly. Inclusion criteria: Have at least one year of clinical nursing experience; not suffering from other problems which reflected low back pain Exclusion criteria: not of willing to continue participation in the trial ; the absence of training sessions The primary outcome: Observance Principles of Ergonomics in working Observance proper posture in working Exercise Control of body mass index (BMI) The Secondary outcomes: The prevention of Low Back Pain

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013082814512N1**
Registration date: **2013-09-21, 1392/06/30**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-09-21, 1392/06/30

Registrant information

Name

Naser SHarafkhani

Name of organization / entity

Arak University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3368 4615

Email address

n.sharafkhani@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2013-02-23, 1391/12/05

Expected recruitment end date

2013-04-25, 1392/02/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education based on health belief model in adopting preventive behaviors of low back pain in nurses

Public title

The effect of education on the prevention of low back pain

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Have at least one year of clinical nursing experience; not suffering from other problems which reflected low back pain Exclusion criteria: not of willing to continue participation in the trial ; the absence of training sessions

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 100

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Arak University of Medical Sciences

Street address

Arak - Sardasht - Basij Sq - Pardis Educational Complex

City

Arak

Postal code

6941-7-38481

Approval date

2012-11-26, 1391/09/06

Ethics committee reference number

91-137-5

Health conditions studied

1

Description of health condition studied

Low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain

Primary outcomes

1

Description

Adopt behaviors to prevent low back pain

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group : Education through multimedia and workshop will be conducted in two sessions, workshops and multimedia content that will be based on the health belief model constructs.

Category

Prevention

2

Description

control Group : Just providing routine Education .

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Amir Kabir hospital

Full name of responsible person

Dr mahboobeh khorsandi

Street address

University of Medical Sciences, Basij SQ, Sardasht

City

Arak

2

Recruitment center

Name of recruitment center

Valiasr hospital

Full name of responsible person

Dr mahboobeh khorsandi

Street address

University of Medical Sciences, Basij SQ, Sardasht

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr Davood Hekmatpou

Street address

Sardasht, Basij SQ, Arak University of Medical Sciences

City

Arak

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Arak University of Medical Sciences

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

Arak University of Medical Sciences

Full name of responsible person

Naser SHarafkhani

Position

Msc

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

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Person responsible for updating data

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Other areas of specialty/work

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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