

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

The effect of Pilates exercises on happiness and professional self concept of nurses in Critical Care and Emergency Units

Protocol summary

Summary

This clinical trial study will be conducted to determine the effect of Pilates exercises on happiness and professional self concept in nurses of critical care and emergency units. 110 eligible nurses will be selected via convenience sampling and will be allocated into two intervention and control groups by using stratified random allocation. The intervention group will be trained for Pilates exercises under supervision of coach during a 3-hour workshop session. After ensuring proper performance of exercises, instructional video of Pilates exercises and educational posters will be provided for intervention group. The intervention group will run exercises three sessions per weeks for 8 weeks. Data will be gathered at baseline and 8 weeks after intervention in both intervention and control groups through Oxford Happiness Questionnaire and Nurses Professional Self Concept Questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022517237N7**

Registration date: **2016-05-27, 1395/03/07**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-05-27, 1395/03/07

Registrant information

Name

Mahnaz Modanloo

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3245 6900

Email address

modanloo.mahnaz@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Golestan University of Medical Sciences

Expected recruitment start date

2016-06-21, 1395/04/01

Expected recruitment end date

2016-10-21, 1395/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Pilates exercises on happiness and professional self concept of nurses in Critical Care and Emergency Units

Public title

The effect of Pilates exercises on happiness and professional self concept

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: A bachelor's degree or higher in nursing; working in the intensive care or emergency units; no history of life events and crisis such as accidents; relatives' death and divorce in the past six months; no history of regular professional sports; no prohibition for exercise; no history of heart diseases; respiratory failure; acute or chronic physical problems interfere to exercise. Exclusion criteria: Specific diseases or life-threatening conditions; inability to continue exercise; accidents or unforeseen events during the

study; crisis such as divorce; death and loss of loved ones during the study; immigration; lack of exercise three times continuous or six sessions interrupted for any reason.

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **110**

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**

Ethics committee of Golestan University of Medical Sciences

Street address

Deputy of Research and Technology, Golestan University of Medical Sciences, Hirkan Boulevard, Gorgan

City

Gorgan

Postal code

4934174515

Approval date

2016-04-10, 1395/01/22

Ethics committee reference number

ir.goums.rec.1395.5

Health conditions studied**1****Description of health condition studied**

Physical activity

ICD-10 code

Z72.3

ICD-10 code description

Lack of physical exercise

Primary outcomes**1****Description**

Happiness

Timepoint

Before intervention and after 8 weeks intervention

Method of measurement

Oxford Happiness Quassionnaire

Secondary outcomes**1****Description**

Professional Self Concept

Timepoint

Before intervention and after 8 weeks intervention

Method of measurement

Nurses Professional Self Concept Questionnaire

Intervention groups**1****Description**

The intervention group: During a three-hour workshop under the supervision of the coach, they will train how to do the Pilates exercises correctly. After ensuring proper performance of exercise, instructional videos of Pilates exercises and educational posters will be provided in the intervention group. The intervention group will run exercises three sessions per weeks for 8 weeks.

Category

Lifestyle

2**Description**

Control group: In this group any intervention will be done and they carry out their daily routine works.

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

Payambar Azam Hospital

Full name of responsible person

Hosseini Milani

Street address

Payambar Azam Hoapital, Beginning of the Incheboron Road, Gonbad Kavooos

City

Gonbad Kavooos

2

Recruitment center

Name of recruitment center

Shahid Motahari Hospital

Full name of responsible person

Dr. Arab

Street address

Shahid Motahari Hospital, Eastern Taleghani Street,
Gonbad Kavoods

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Gonbad Kavoods

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Recruitment center

Name of recruitment center

Shohada Hospital

Full name of responsible person

Mohammad Hossein Rajabi

Street address

Shohada Hospital, Southern Imam Khomyni Street,
Gonbad Kavoods

City

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Recruitment center

Name of recruitment center

Taleghani Children Hospital

Full name of responsible person

Dr. Milani

Street address

Taleghani Children Hospital, Taleghani street, Gonbad
Kavoods

City

Gonbad Kavoods

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Golestan University of
Medical Sciences

Full name of responsible person

Mohammad Hossein Taziki

Street address

Deputy of Research and Technology, Golestan
University of Medical Sciences, Hirkan Boulevard,
Gorgan

City

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Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vice Chancellor for research of Golestan 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**

Golestan University of Medical Sciences

Full name of responsible person

Mahnaz Modanloo

Position

PhD

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

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Full name of responsible person

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MS Student of Critical Nursing Care

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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