Clinical Trial Protocol
Iranian Registry of Clinical Trials

02 Nov 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)

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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
Hossein Milani

Street address
Payambar Azam Hoapital, Beginning of the Incheboron Road, Gonbad Kavoos

City
Gonbad Kavoos

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 Kavoos
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3

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 Kavoos
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4

Recruitment center
Name of recruitment center
Taleghani Children Hospital
Full name of responsible person
Dr. Milani
Street address
Taleghani Children Hospital, Taleghani street, Gonbad Kavoos
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Gonbad Kavoos

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
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Gorgan
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
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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