

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of massage therapy on occupational stress in nurses working in intensive care units

Protocol summary

Summary

This study is a clinical trial research conducted on 66 male and female nurses working in intensive care units (dialysis, ICU, CCU) of education hospitals (Isfahan, Iran). After simple sampling, the participants were randomly assigned to 2 groups: 1 experimental group (33 patients) and 1 control group (33 patients). In the experimental group, General Swedish massage was performed within 4 weeks, twice a week for 25 min in each person. The control group received no intervention. Data were collected using standard questionnaire Osipow job stress, before, immediately after and 2 weeks after intervention in the 2 groups .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042217387N1**
Registration date: **2014-06-29, 1393/04/08**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-06-29, 1393/04/08

Registrant information

Name

Fatemeh Nazari

Name of organization / entity

Isfahan University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2013-04-09, 1392/01/20

Expected recruitment end date

2013-07-01, 1392/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of massage therapy on occupational stress in nurses working in intensive care units

Public title

Occupational stress and massage therapy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Interested in participating in the intervention and get a massage; having a score of less than 150; according Stress Scale Holmes and Rahe; having a total score of occupational stress above 134 on the scale Osipow; not be treated with relaxing techniques such as meditation; yoga or tranquilizers and anti-anxiety; lack of edema; inflammation and fractures in the areas of massage; not suffering from acute or chronic disease. Exclusion criteria: the company of other complementary medicine programs during the study; not wanting to continue working; using Benzodiazepines and other psychiatric medications during the stud; exposure to severe stress during the study; or acute or chronic illnesses that affect a person's mental state

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 66

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**

Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar Jerib St,
Isfahan, Iran.

City

Isfahan

Postal code**Approval date**

2012-04-07, 1391/01/19

Ethics committee reference number

392001

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

Associated massage therapy with occupational stress
among nurses working in intensive care units

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Occupational stress

Timepoint

Before, after and two weeks after the intervention

Method of measurement

Osipow job questionnaire

Secondary outcomes

empty

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

General Swedish massage was done for experimental
group, 25 minutes each session, twice a week, for four-
week

Category

Treatment - Other

2**Description**

Control group no have intervention

Category

N/A

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

Alzahra Hospital

Full name of responsible person**Street address****City**

Isfahan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Isfahan University of Medical Sciences

Full name of responsible person

Fateme Nazari

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Isfahan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Isfahan 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

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Person responsible for updating data

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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