

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

Ergonomic intervention effect on successful breastfeeding and musculo skeletal disorders risk reduction in mothers

Protocol summary

Summary

The aim of this study was to investigate the effect of ergonomic intervention on successful breastfeeding and musculoskeletal disorders risk reduction. 104 healthy mothers without musculoskeletal disorders and deficiencies with healthy new born infants with normal weight were randomly divided into ergonomic intervention group and control group. Every mother in the intervention group received information about ergonomic positions and interventions of breastfeeding. Both groups were followed for 6 months. Every 2 months the data of discomfort by using visual analogue scale and musculoskeletal disorder risks by RULA of mothers and infants weight and height were collected and compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042317398N1**

Registration date: **2015-06-06, 1394/03/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-06-06, 1394/03/16

Registrant information

Name

Marjan Kiani

Name of organization / entity

SUMS

Country

Iran (Islamic Republic of)

Phone

+98 71 3725 1001

Email address

kiani@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2014-08-22, 1393/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Ergonomic intervention effect on successful breastfeeding and musculo skeletal disorders risk reduction in mothers

Public title

Ergonomic breastfeeding position correction effect on infant growth curve.

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: healthy mothers; healthy new born infants Exclusion criteria: mothers with musculo skeletal disorders; mothers with deficiency

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **104**

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

Shiraz Univeresity of Medical Sciences

Street address

Shiraz Univeresity of Medical Sciences building,
Palestine street, Shiraz

City

Shiraz

Postal code

Approval date

2015-04-13, 1394/01/24

Ethics committee reference number

CT-9379-7439

Health conditions studied

1

Description of health condition studied

effect of ergonomic interevention on successful
breastfeeding and musculoskeletal disorders risk
reduction

ICD-10 code

M99

ICD-10 code description

Biomechanical lesions, not elsewhere classified

Primary outcomes

1

Description

comfort intensity

Timepoint

2, 4 and 6 months after intervention

Method of measurement

Visual Analogue Scale

2

Description

musculoskeletal disorders risk

Timepoint

2, 4 and 6 months after intervention

Method of measurement

RULA

3

Description

breastfeeding success

Timepoint

2, 4 and 6 months after intervention

Method of measurement

infant height and weight growth curves

Secondary outcomes

1

Description

musculoskeletal disorderes risk evaluation

Timepoint

before and 2, 4 and 6 months after intervention

Method of measurement

RULA grade

2

Description

infant height and weight growth curve

Timepoint

2, 4 and 6 months after intervention

Method of measurement

comparison of infant growth curve with index growth
curves

Intervention groups

1

Description

ergonomic breastfeeding positions training and
correction by observing each person in intervention
group for 10 minutes while breastfeeding every 2 months
for 6 months

Category

Prevention

2

Description

no intervention on control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Valfajr health centers
Full name of responsible person
Street address
City
Shiraz

Health college, Razi Blvd., Shiraz
City
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Postal code
Phone
+98 71 3725 1001
Fax
Email
marjankiani66@yahoo.com
Web page address

2

Recruitment center

Name of recruitment center
Enqelab martyrs health centers
Full name of responsible person
Street address
City
Shiraz

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Marjan Kiani
Position
B.Sc. of Physiotherapy
Other areas of specialty/work
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Health school of SUMS, Razi Blvd. ,Shiraz
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Marjan Kiani
Street address
Health college, Razi Blvd. , Shiraz
City
Shiraz

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Marjan Kiani
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MS.c. student of Ergonomics
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Health college, Razi Blvd. , Shiraz
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marjankiani66@yahoo.com
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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

Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Marjan Kiani
Position
B.Sc. of Physiotherapy
Other areas of specialty/work
Street 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