

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

The Effect of Lumbar care (based on Back School) on Nursing Staff's low back pain and functional disability

Protocol summary

Summary

It was a semi-experimental study; participants were 64 nursing staffs of a hospital. They were selected systematically and then randomly assigned to: intervention (32) and control group (32). Data was collected based on Visual Analogue Scale (VAS) and Roland Morris Disability Questionnaire (RMDQ). Interventional group was received Lumbar care education based on Back school program for 3 hours during an educational workshop and training were followed by pamphlets, but control group only received routine care. Mean score of low back pain and functional disability were measured based on VAS and RMDQ before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015093024277N1**

Registration date: **2015-11-25, 1394/09/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-11-25, 1394/09/04

Registrant information

Name

Mehdi Pakbaz

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 58 3229 7096

Email address

ma.pakbaz@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2015-09-06, 1394/06/15

Expected recruitment end date

2015-11-06, 1394/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Lumbar care (based on Back School) on Nursing Staff's low back pain and functional disability

Public title

Effect of Back School on low back pain

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Nursing license, work at hospital in the morning shift during the study, low back pain (based on self-report) Exclusion criteria: Don't follow the training, having back-surgery within 2 years before, congenital and inflammatory spine disease, pregnancy, severe osteoporosis (based on medical records)

Age

From **24 years** old to **58 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Simple random sampling

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of University of Social Welfare and Rehabilitation Sciences

Street address

kodakyar Ave., daneshjo Blvd., Evin, Post code: :
1985713834

City

Tehran

Postal code

Approval date

2015-09-02, 1394/06/11

Ethics committee reference number

IR.USWR.REC.1394.151

Health conditions studied

1

Description of health condition studied

Low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain

2

Description of health condition studied

Functional Disability

ICD-10 code

Z73.6

ICD-10 code description

Limitation of activities due to disability

Primary outcomes

1

Description

Low back pain

Timepoint

Before intervention and 2 months after intervention

Method of measurement

Visual analogue scale

2

Description

Functional disability

Timepoint

Before intervention and 2 months after intervention

Method of measurement

Rolland-Morris disability questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention was include a lumbar care workshop for intervention group in 3 hours based on back school method.

Category

Prevention

2

Description

control group only received routine care.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Shohada-E-Tajrish Hospital

Full name of responsible person

Mrs. Nikpeyma

Street address

Tajrish Sq.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Mehdi Pakbaz

Street address

-

City

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

Yes

Title of funding source
Investigator
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
University of Social Welfare and Rehabilitation Sciences

Full name of responsible person
Mehdi Pakbaz

Position
Student

Other areas of specialty/work

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Person responsible for scientific inquiries

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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