

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

PREVENTION OF WORK RELATED UPPER LIMB MUSCULOSKELETAL DISORDERS: A CLUSTER RANDOMIZED CONTROLLED TRIAL

Protocol summary

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Summary

The proposed study design is a cluster randomized controlled trial with two groups (control and intervention groups) where office workers in the University of Malaya that fulfill a strict inclusion and exclusion criteria was selected into this trial. Each individual faculty or academic center will be considered as an individual cluster. This study will be going on for 12 months with data collection at baseline, sixth month, and twelfth month points. The control group was given a basic occupational health talk while the intervention group was given an active ergonomic training which comprises of several intervention packages.

Recruitment status

Recruitment complete

Funding source

Post-graduate Research Grant, University of Malaya

Expected recruitment start date

2015-12-01, 1394/09/10

Expected recruitment end date

2017-01-01, 1395/10/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

PWRULDCRCT

IRCT registration information

IRCT registration number: **IRCT2015102624720N1**

Registration date: **2015-11-04, 1394/08/13**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-11-04, 1394/08/13

Registrant information

Name

Muhamad Hazizi Muhamad Hasani

Name of organization / entity

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Email address

Scientific title

PREVENTION OF WORK RELATED UPPER LIMB MUSCULOSKELETAL DISORDERS: A CLUSTER RANDOMIZED CONTROLLED TRIAL

Public title

Trial Research To Prevent Muscles, Bone, and Nerve Diseases of The Upper Limb Among Workers

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion - Computer users of more than 20 hours per week, age 18-65 years old, office workers Exclusion - pregnant lady, existing upper limb musculoskeletal disorders

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Two-staged cluster sampling that followed guideline for randomization

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

University Malaya Medical Centre, Medical Ethics Committee

Street address

University Malaya Medical Centre

City

Lembah Pantai

Postal code

59100

Approval date

2014-05-01, 1393/02/11

Ethics committee reference number

20153-1128

2**Ethics committee****Name of ethics committee**

National Medical Research Register

Street address

Ministry of Health Malaysia, c/o Institute for Health Management, Jalan Rumah Sakit, Bangsar

City

Kuala Lumpur

Postal code

59000

Approval date

2014-09-01, 1393/06/10

Ethics committee reference number

NMRR-14-131-19723

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

Upper Limb Musculoskeletal Disorders

ICD-10 code

M60-M79

ICD-10 code description

Diseases of musculoskeletal system and connective tissues

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

Incidence rate

Timepoint

After 1 year

Method of measurement

Diagnosis by clinician

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

Pain and discomfort score

Timepoint

After 1 year

Method of measurement

DASH Questionnaire (Disability of Arm, Shoulder and Hand)

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

Intervention - Ergonomic training on how to use computer in a healthier way Control - Current practices

Category

Lifestyle

2**Description**

The control group was given a basic occupational health talk

Category

Lifestyle

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

University of Malaya

Full name of responsible person

Mr Hishamuddin

Street address

Occupational Safety and Health Unit, University of Malaya

City

Lembah Pantai

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Malaya

Full name of responsible person

University of Malaya

Street address

University of Malaya

City

Lembah Pantai

Grant name**Grant code / Reference number**

PG127-2014A

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

Yes

Title of funding source

University of Malaya

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**

Department of Social and Preventive Medicine,
Faculty of Medicine, University of Malaya

Full name of responsible person

Dr Muhamad Hazizi Bin Muhamad Hasani

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Main researcher

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Person responsible for updating data

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Web page 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