

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Designing and evaluation of an educational program based on developed pender model on changing tentional exercise for reducing musculoskeletal pain among office workers

Protocol summary

Summary

Objectives: Designing and evaluating a training program based on Pender's developed model on the implementation of tension exercises and its effect on reducing musculoskeletal pain in office worker Design: A computer users in in Tehran's comprehensive health services of Shahid Beheshti University. Intervention group: (Shemiran Health Network). control group: (Tehran East Health Center) Sample size: The intervention group consisted of 33 individuals in the control group, including 33 people An educational program based on predictive structures with tensile strength for computer users at workplace for 10 weeks; design, implementation and evaluation, and the average score of the structures before, after and 6 months after the intervention. An intervention program with a group discussion class that will consider electronic learning facilities as part of the phase. According to the checklist and the initial questionnaire, the severity of VAS pain in the intervals is used. The control group does not intervene.

General information

Acronym

developed pender model

IRCT registration information

IRCT registration number: **IRCT2016082429512N1**

Registration date: **2017-08-02, 1396/05/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-08-02, 1396/05/11

Registrant information

Name

mohammad hossien delshad

Name of organization / entity

Torbat Heydariyeh University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 5222 1508

Email address

h.delshad@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tarbiat Modares University of Medical Sciences

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2016-12-20, 1395/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Designing and evaluation of an educational program based on developed pender model on changing tentional exercise for reducing musculoskeletal pain among office workers

Public title

tentional exercise

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria of Designing and evaluation of an

educational program based on developed pender model on changing tentional exercise for reducing musculoskeletal pain among office workers: (1) lack of disability or illness that prevents the stretching exercises, (2) a written consent to participate in the review, are. Leaving .(3) employees who sit in their work environment for at least 3 hours and they are considered as computer users. Exclusion criteria of Designing and evaluation of an educational program based on developed pender model on changing tentional exercise for reducing musculoskeletal pain among office workers: (1) If they have more than one time attending classes, they will be excluded from the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 420

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

A randomized study uses a random number table. The intervention program is designed based on the predictor variables of the developed Pender model. The educational contents include tensile muscle training, shoulder and shoulder muscles, waist and neck muscles. The software used in Ergo Pro office computers includes special stiffening exercises related to shoulder, shoulder and shoulder behavior in the workplace: is used (a series of four preparations for neck, shoulder and hand and Forearm, 5 for the waist).

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Medical school in Tarbiat Modares University of Medical Sciences

Street address

1 room, on the first floor of Medical Ethics, Tarbiat modares University, Paul Geisha, Tehran

City

Tehran

Postal code

14115-111

Approval date

2016-05-03, 1395/02/14

Ethics committee reference number

IR.TMU.REC.1395.329

Health conditions studied

1

Description of health condition studied

Stretching behavior

ICD-10 code

Z72.3

ICD-10 code description

Lack of physical exercise

Primary outcomes

1

Description

Determination and comparison of mean score of predictive structures for performing tension exercises in intervention and control groups; determining and comparing the mean score of tension training behavior in the intervention and control groups

Timepoint

Before, after and 6 months after intervention

Method of measurement

questionnaires

Secondary outcomes

1

Description

Determine and compare the rate of musculoskeletal pain in the intervention and control group

Timepoint

Before, after and 6 months after intervention

Method of measurement

Self-reported questionnaire.

Intervention groups

1

Description

Intervention group: Organizing an 8-person training class in 7 groups with group discussion and surrendering thoughts to improve self-efficacy, reducing perceived barriers and improving commitment to behavior for 4 hours in two sessions of a 2-hour session. Follow up the intervention group with 10-weekly reminders. Installing the software to remind stretch marks by registering a checklist. Follow up of this group to complete questionnaires at specified intervals And will be sent stretching exercises movie and posters via blogs.

Category

2**Description**

Control group: did not receive training on the topic of stretching exercises. Follow up of this group only to complete questionnaires at specified intervals

Category

N/A

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

shahid Beheshti University of Medical Sciences of iran

Full name of responsible person

mohammad hossien delshad

Street address

Shemiranat Health Network, Ghods Square, next to Taleghani Pharmacy, Tehran

City

Tehran

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

Vice chancellor for research, Tarbiat Modares University

Full name of responsible person

Dr. Ya'qub Fath Allahi nane karan

Street address

Tehran Gisha Tarbiat modares University of Central Building 1, Third floor, room 204

City

Tehran

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, Tarbiat Modares University

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**

Tarbiat modares University

Full name of responsible person

mohammad hossien delshad

Position

PhD candidate of Health education and health promotion

Other areas of specialty/work**Street address**

Units7, 4, 126, Molavi street, Etellaat Square, Tehranno, Tehran.

City

Tehran

Postal code

1743874918

Phone

+98 21 7742 8982

Fax**Email**

delshad264@gmail.com

Web page address

delshad264.blogfa.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Tarbiat modares University

Full name of responsible person

Dr.sadighe sadat tavafian

Position

Assistant

Other areas of specialty/work**Street address**

Room 111, 2nd, Faculty of Medicine 1, Paul Gisha, Tehran.

City

Tehran

Postal code

14115-111

Phone

+98 21 8288 4547

Fax

+98 21 8288 3817

Email

tavafian@modares.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Tarbiat modares University

Full name of responsible person

mohammad hossien delshad

Position

PhD candidate of Health education and health promotion

Other areas of specialty/work**Street address**

Units7, 4, 126, Molavi street, Etellaat Square,
Tehranno, Tehran.

City

Tehran

Postal code

1743874918

Phone

+98 21 7742 8982

Fax**Email**

delshad264@gmail.com

Web page address

delshad264.blogfa.com

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