Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Jun 2026

Comparing effectiveness of interactive social media and in-person educational interventions to reduce occupational low back pain in nursing profession

Protocol summary

Study aim
Development and evaluation of a theory based interactive social media intervention to reduce occupational low back pain in nursing profession

Design
Three hundred nurses working in hospitals affiliated to Mazandaran University of Medical Sciences who are eligible to enter into the study will be selected. For a sample, a list of hospitals will be provided. Then three hospitals will be selected and randomly assigned to each study group. The sample size of 100 nurses is estimated for each study group. In each hospital, proportion to the number of nurses working in each department, individuals will be randomly selected. Each participants will be assigned a code a code.

Settings and conduct
This experimental study will be carried out in teaching hospitals in Mazandaran University of Medical Sciences and a sample of nurses will be entered into the study and assign to either intervention groups (2 groups) or the control group. Nurses in the intervention groups will receive a social media training or in-person education while nurses in the control group will receive nothing. After completion of the study nurses in the control group will receive one of the interventions based on their interest.

Participants/Inclusion and exclusion criteria
Inclusion criteria a) Nurses working in hospitals, b) Access to Internet, c) Having skills to work with Internet and mobile Exclusion criteria a) Having any illness or problems that prevent a person from participating in the study and exercise for any reasons, b) Being pregnant, c) Having a pathological low back pain, d) Taking medication for low back pain

Intervention groups
The two intervention groups will receive the intervention via social media and in-person education, receptively while the control group will receive nothing.

Main outcome variables
Low back pain reduction

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20170313033054N2**
Registration date: **2018-02-25, 1396/12/06**
Registration timing: **prospective**

Last update: **2018-02-25, 1396/12/06**
Update count: **0**

Registration date
2018-02-25, 1396/12/06

Registrant information

Name
Seyedeh Somayeh Kazemi

Name of organization / entity
Tarbiat Modares University

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source
Tarbiat Modares University, Tehran, Iran

Expected recruitment start date
2018-03-21, 1397/01/01

Expected recruitment end date
2018-05-19, 1397/02/29

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing effectiveness of interactive social media and in-person educational interventions to reduce occupational low back pain in nursing profession

Public title
Interactive social media intervention to reduce low back pain in nurses
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
Nurses working in hospitals Access to Internet Having skills to work with Internet and mobile
Exclusion criteria:
Having any illness or problems that prevent a person from participating in the study and exercise for any reasons Being pregnant Having a pathological low back pain Taking medication for low back pain
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **300**
Randomization (investigator's opinion)
Randomized
Randomization description
For sampling, first we provide a list of all hospitals affiliated to Mazandaran University of Medical Sciences and 3 hospitals will be selected. Then, selected hospitals will be randomly allocated to either intervention or control groups based on 1, 2, and 3 blocking (2 hospitals as intervention groups and 1 hospital control group).
Blinding (investigator's opinion)
Not blinded
Blinding description
Participants will not be informed about group allocation.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Tarbiat Modares University
Street address
No. 7, Nasr Bridge, Jalal Al Ahmad Street, Tarbiat Modares University, Tehran
City
Tehran
Province
Tehran
Postal code
14115-111
Approval date
2017-03-05, 1395/12/15
Ethics committee reference number
IR.TMU.REC.1395.545

Health conditions studied

1

Description of health condition studied
Not applicable
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Low back pain
Timepoint
Before intervention, 6 months after intervention, 12 months
Method of measurement
Visual Analogue Scale of low back pain; VAS hours

Secondary outcomes

1

Description
Disability due to low back pain
Timepoint
Before intervention, 6 months after intervention, 12 months after intervention
Method of measurement
The Quebec Back Pain Disability Scale

2

Description
Health-related quality of life
Timepoint
Baseline (before intervention), 6 months follow-up , 12 months follow-up intervention
Method of measurement
The Health Survey Short Form (SF-36)

Intervention groups

1

Description
Intervention group 1: This group will receive the intervention via a mobile application through an interactive social media . They will receive training how to use the application and they will be monitored by the main investigator. They will receive a weekly reminder during the study period. The content of intervention will be based on PRECEDE model containing issues related to prevention of occupational low back pain.

Category
Behavior

2

Description
Intervention group 2: This group will receive the intervention via in-person education. The educational program will be designed for two sessions (each in one hour) and they will receive a weekly reminding message during the study period. The content of intervention will be similar to group one.

Category
Behavior

3

Description
Control group: This group will receive nothing. However, after completion of the study nurses in the control group will receive one of the interventions based on their interest.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Khomeini Hospital

Full name of responsible person
Haideh Hezarjaribi

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Amir Mazandaran Street, Imam Khomeini Hospital

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2

Recruitment center

Name of recruitment center
Bu-Ali Sina Hospital

Full name of responsible person
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3

Recruitment center

Name of recruitment center
Fatemeh Zahra Hospital

Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tarbiat Modares University

Full name of responsible person
Dr.Yaghoub Fathollahi Nanekaran. Research Assistant at Tarbiat Modares University

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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
Tarbiat Modares University
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Tarbiat Modares University
Full name of responsible person
Seyedeh Somayeh Kazemi
Position
Ph.D Student
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
I have not decided yet.

When the data will become available and for how long

I have not decided yet.

To whom data/document is available

I have not decided yet.

Under which criteria data/document could be used

I have not decided yet.

From where data/document is obtainable

I have not decided yet.

What processes are involved for a request to access data/document

I have not decided yet.

Comments