

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 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)

Phone

+98 21

Email address

somayehkazemi@modares.ac.ir

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

Street address

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

Batoul Alaei

Street address

Pasdaran Blvd, Bu-Ali Sina Hospital

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Mazandaran

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3

Recruitment center

Name of recruitment center

Fatemeh Zahra Hospital

Full name of responsible person

Najibeh Rastegarnia

Street address

Artesh Blvd, Mazandaran Heart Center, Fatemeh Zahra Hospital

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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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fatolahi@modares.ac.ir

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

Latest degree
Master

Other areas of specialty/work
Health Promotion

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Person responsible for scientific inquiries

Contact

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Full name of responsible person
Sedighe Sadat Tavafian

Position
Professor

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Latest degree
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Other areas of specialty/work
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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