Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of Lumbar care (based on Back School program) on Caregiver Staffs' job performance and functional disability in rehabilitation centers of Welfare Organization

Protocol summary

Summary

Purpose of the study: to determine effect of Lumbar care (based on Back School program) on Caregiver Staffs' job performance and functional disability in rehabilitation centers of Welfare Organization. This study is a before and after quasi-experimental study in two groups. The subjects in this study include all Caregiver Staffs' in rehabilitation centers of Welfare Organization in Tehran city that suffering from non-specific chronic low back pain. Sampling: They were selected purposefully (according to inclusion and exclusion criteria) and then randomly divided into intervention and control group. (32 Caregivers in each group) Inclusion criteria: history of back pain for more than three months; VAS ≥ 3; non-specific low back pain; between 18 and 65 years of age Exclusion criteria: pregnancy; back or lumbar spine surgery in the last 2 years Sample size: 32 participants in each group (With confidence coefficient: 95% and With power of test: 80%) Intervention: Back School program (education and exercise) Intervention time: 27/12/2016 the primary outcome or consequences of the study: intensity of pain, functional disability and job performance

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017041633474N1**
Registration date: **2017-11-05, 1396/08/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-11-05, 1396/08/14

Registrant information

Name
Hooshyar Rostami
Name of organization / entity
University of Social Welfare and Rehabilitation Sciences
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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor's Office for Research of the University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2016-12-24, 1395/10/04

Expected recruitment end date

2016-12-26, 1395/10/06

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 program) on Caregiver Staffs' job performance and functional disability in rehabilitation centers of Welfare Organization

Public title

The Effect of Lumbar care (based on Back School program) on job performance and functional disability

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: history of back pain for more than three months; VAS ≥ 3; non-specific low back pain; age between 18 and 65 years old Exclusion criteria: pregnancy; back or lumbar spine surgery in the last 2 years

Age

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

Gender

Female

Phase

N/A

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

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the University of Social Welfare and Rehabilitation Sciences

Street address

University of Social Welfare and Rehabilitation Sciences, koodakyar Deadlock Alley, Daneshjo Blvd, Tehran City. Tel: (98) - 21 - 222180008 Fax: (98) - 21 - 22180121

City

Tehran

Postal code

1985713834

Approval date

2016-11-27, 1395/09/07

Ethics committee reference number

931210004

Health conditions studied

1

Description of health condition studied

Non-specific chronic low back pain

ICD-10 code

M54.9

ICD-10 code description

Dorsalgia, unspecified

Primary outcomes

1

Description

functional disability

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Rowland and Maurice functional disability inventory

2

Description

Job Performance

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Williams In-Roll Job Performance Inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention: A two-month curriculum of lumbar care based on Back school program, including information on waist, self-care, establishing and maintaining correct posture and exercises for stability in the waist area. Intervention group participated in a one-hour educational workshop lumbar care based on Back school program, and the training program was followed up and re-educated every two weeks.

Category

Rehabilitation

2

Description

Control group did not receive any treatment plan.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Welfare Services Development Center of Vardavard

Full name of responsible person

Neda Husseinzadeh
Street address
Wardavard Welfare Center, Daropakhsh Street, 17 Kilometers Special Road, Tehran city
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2

Recruitment center
Name of recruitment center
Narmak Welfare Services Center
Full name of responsible person
neda hoseinzadeh
Street address
Narmak Welfare Services Center, Shahid bradaran Bagheri Street, Vali Asr Crossing, East Farjam Street, Square of Mission, Tehran city
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice-Chancellor for Research of the University of Social Welfare and Rehabilitation Sciences
Full name of responsible person
MohammadAli Hosseini
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University of Social Welfare and Rehabilitation Sciences, koodakyar Deadlock Alley, Daneshjo Blvd, Tehran City
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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
Vice-Chancellor for Research of the University of Social Welfare and Rehabilitation Sciences
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
Welfare Organization of Iran
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Neda Husseinzadeh
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Master science of Physiotherapy- Responsible of physiotherapy unit
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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