

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of Swedish Massage on Occupational Stress in Emergency Medical Services Technician

Protocol summary

Study aim

Determine the effect of Swedish massage on the occupational stress of operational staff working in medical emergencies

Design

In this randomized controlled trial, a total of 58 members of the operating staff of emergency medical services will be selected according inclusion and exclusion criteria and randomly assigned into two 29-member groups: the massage intervention group and the control group. The level of occupational stress in these professionals was measured under the same conditions before and after intervention using ENSS questionnaire.

Settings and conduct

This study will be carried out at Rafsanjan EMS centers. After matching the study groups by age and work experience. At first, the nursing job stress questionnaire will be completed by two groups and then the massage therapy will be implemented for intervention group based on study protocol, then the ENSS nursing Job Stress Questionnaire will be completed again by two study groups.

Participants/Inclusion and exclusion criteria

The inclusion criteria: Having at least one year of work experience in EMS. Willingness to participate in study and receiving the massage. Not receiving relaxation techniques such as meditation and yoga. Not receiving sedative and anti-anxiety medications. No edema, inflammation, and fractures in the areas of massage. Having no acute or chronic disease. Exclusion criteria: Refusal to stay in the study. Receiving any complementary therapies or relaxation techniques like yoga and meditation during the study. receiving sedative and anti-anxiety medications during the study. The occurrence of any disease that affects the mental status of a subjects. Exposure with acute and severe stressful situations during the study.

Intervention groups

In intervention group, massage therapy will be

performed by Swedish method for four weeks, twice a week for twenty-five minutes, in a quiet room with proper light, temperature and ventilation. The control group will not receive any interventions

Main outcome variables

job stress reduction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171223038023N1**

Registration date: **2018-01-26, 1396/11/06**

Registration timing: **prospective**

Last update: **2018-01-26, 1396/11/06**

Update count: **0**

Registration date

2018-01-26, 1396/11/06

Registrant information

Name

Mahdi Mahdizadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-20, 1396/12/01

Expected recruitment end date

2018-06-22, 1397/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Swedish Massage on Occupational Stress in Emergency Medical Services Technician

Public title

Investigation the effect of Swedish massage on occupational stress

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Having at least one year of work experience in EMS centers Willingness to participate in the study and receive the massage Not receiving relation techniques such as meditation, yoga and... Not receiving treatments sedatives and anti-anxiety medications Absence of edema, inflammation, and fractures in the areas of massage Having no acute or chronic disease

Exclusion criteria:

Dissatisfaction for entering study and receiving massage

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 58

Randomization (investigator's opinion)

Randomized

Randomization description

subjects will be assigned into the intervention and control groups(29 people for each groups) on the basis of table of age and work experience categories using the minimization method, (the 20-30 and 30-40 years age groups and <10 years and >10 years of work experience categories). The samples will be randomly assigned into the categories of the two groups so that the total number of the samples in each category will be equal. Sampling will be continued till the required sample volume was reached.

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 Rafsanjan University of Medical Sciences

Street address

Emam Ali Blvd.

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Approval date

2016-11-08, 1395/08/18

Ethics committee reference number

IR.RUMS.REC.1395.113

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

occupation stress

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Reducing occupation Stress

Timepoint

Before and after the intervention

Method of measurement

Expanded Nursing Stress Scale

Secondary outcomes

empty

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

Intervention group: The Swedish massage program will be performed for the intervention group by one of the researchers who has been trained in this regard and obtained the certificate of massage therapy using the protocol of the study. The therapist will be careful and note that his nails would be clipped with no ring in the fingers that might damage the client's skin. The researcher will wear light comfortable clothes during the intervention and the subjects also will use a comfortable disposable cloth each session. Samples will be allowed to lie down on the bed for 3-5 min with a relaxed mind . The therapist will apply the special massage oil on her hands

before commencing the massage and will rub it on her hands to make them warm and soft sufficiently. Then, they will begin to perform the procedure. The massaging intervention will be performed twice a week. each session will last 20-25 min, in the morning after the end of the work shift. It should be pointed out that the work shift of the participants is diurnal (24 h). This will be done for 4 weeks. The massage of this study will be the Swedish (classic) massage which consisted of the three movements of effleurage, pertissage, and percussion. To perform the massage, the researcher will use the palms of both hands with fingers close together and the massage maneuvers were performed by applying moderate pressure. The researcher's hands will not be separated from the body of the participants during the procedure while the client lay down in a relaxed manner with their feet separated to the width of their shoulders so that no strain will be applied to their feet.

Category

Treatment - Other

2**Description**

Control group: The control group will not receive any intervention

Category

Other

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

Medical Emergency Services Centers

Full name of responsible person

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

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Full name of responsible person

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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

Rafsanjan University of Medical Sciences

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**

Rafsanjan University of Medical Sciences

Full name of responsible person

Mahdi Mahdizadeh

Position

Master Student of Critical Care Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable