

# 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)

##### Phone

+98 34 3434 2102

##### Email address

m.medizadeh@rums.ac.ir

##### 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.

**City**

Rafsanjan

**Province**

Kerman

**Postal code**

7717933777

**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

Seyyed Mohsen Mortazavi

##### Street address

Modares Blvd

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Rafsanjan

##### Province

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7719718131

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##### Email

drsmm115@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Rafsanjan University of Medical Sciences

##### Full name of responsible person

Ali Shamsizadeh

##### Street address

Emam Ali hospital, Emam ali Blvd

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Rafsanjan

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#### Phone

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#### Email

Alishamsy@gmail.com

#### 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

##### Street address

No. 8, Shahid Saberi Ave., Nanovat Blvd., Yadgar  
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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

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**Full name of responsible person**

Tayebe Negahban

**Position**

Assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

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

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**Full name of responsible person**

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**Position**

Master Critical Care Nursing Student

**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