

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The Effect of Educational Intervention Based on the Extended Parallel Process Model on the Prevention of Physical disorders of work with computer in Female Employees of Ahvaz Health Services Centers

Protocol summary

Study aim

Determining the Effectiveness of Educational Intervention Based on the Parallel Process developed Model on the Prevention of Physical Damage of Work with Computer in Female Women Workers of Ahvaz Health Centers

Design

Clinical trial with two intervention groups and one control group, With parallel groups and Randomized.

Settings and conduct

In this study, short messages are sent to people for a period of four weeks on a mobile phone. The number of messages sent to intervention groups as well as the SMS will be determined after analyzing the results of the pre-intervention and consultation with the research team.

Participants/Inclusion and exclusion criteria

Inclination to participate in research, Having a cell phone, Not having musculoskeletal problems, Not having eye disease history, eye surgery, using contact lens and eye medicine, Have at least one year of computer work experience, Not having a second job, The inability of individuals to continue research due to displacement, Failure to answer at least 40% of the questionnaire questions, History of participation in similar educational programs, Failure to receive SMS more than two consecutive times

Intervention groups

The study included three groups, two intervention groups and one control group. One of the intervention groups will receive messages based on perceived threat, the other group will receive messages based on Efficiency judgment, and the control group will not receive any messages.

Main outcome variables

Perceived sensitivity , Perceived severity , response efficacy , Self-efficacy , Behavior

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180916041047N1**

Registration date: **2018-12-29, 1397/10/08**

Registration timing: **retrospective**

Last update: **2018-12-29, 1397/10/08**

Update count: **0**

Registration date

2018-12-29, 1397/10/08

Registrant information

Name

Fatemeh Ghatfan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3334 1069

Email address

fatemeh.ghatfan@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-27, 1397/08/05

Expected recruitment end date

2018-11-26, 1397/09/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Educational Intervention Based on the Extended Parallel Process Model on the Prevention of Physical disorders of work with computer in Female Employees of Ahvaz Health Services Centers

Public title

"The Effect of Educational Intervention Based on the Extended Parallel Process Model on the Prevention of Physical disorders of work with computer"

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Inclination to participate in research Having a mobile phone Not having Musculoskeletal problems Not having eye disease history, eye surgery, using contact lens and eye medicine Have at least one year of computer work experience Not having a second job

Exclusion criteria:

The inability of individuals to continue research due to displacement or the like Failure to answer at least 40% of the questionnaire questions History of participation in similar educational programs Failure to receive SMS more than two consecutive times

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **238**

Randomization (investigator's opinion)

Randomized

Randomization description

The census is the sampling method and the method of dividing the members into different groups are initially clustered and then randomized allocation of lottery type. In this way, 15 urban health centers will be divided into three equal clusters of population, and then each of the clusters will be randomly assigned to the three study groups. In fact, the participants and the researcher will not know the stage in the selection of participants.

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

The Ethics Committee of Ahvaz Jundishapur University of Medical Sciences

Street address

Room 4, Ground floor, Ahvaz, Jundishapur University of Medical Sciences, Assistant Professor of Research and Technology Development, Academic City

City

Ahvaz

Province

Khuzestan

Postal code

61357-15794

Approval date

2018-07-21, 1397/04/30

Ethics committee reference number

IR.AJUMS.REC.1397.335

Health conditions studied

1

Description of health condition studied

Musculoskeletal Disorders

ICD-10 code

M00-M99

ICD-10 code description

Diseases of the musculoskeletal system and connective tissue

2

Description of health condition studied

Visual disturbances

ICD-10 code

H00-H59

ICD-10 code description

Diseases of the eye and adnexa

Primary outcomes

1

Description

Perceived sensitivity Construct Score

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Questionnaire

2

Description

Perceived severity Construct Score

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Questionnaire

3

Description

response efficacy Construct Score

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Questionnaire

4

Description

Self-efficacy Construct Score

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Adopt preventive behaviors of physical damage caused by Work with computer

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

questionnaire

Intervention groups

1

Description

Control group : will not receive intervention.

Category

N/A

2

Description

First intervention group : will receive educational content that will consist of messages that are based on perceived threats and will be sent as short messages via mobile phones for four weeks.

Category

Prevention

3

Description

Intervention group : will receive educational content that will consist of messages that are based on Efficiency and will be sent as short messages via mobile phones for four weeks.

Category

Prevention

Recruitment centers

1

Recruitment center**Name of recruitment center**

Health centers in west of Ahwaz

Full name of responsible person

Fatemeh Ghatfan

Street address

No. 28, Pamchal alley, Pamchal street, Army Phase 2 houses, Mahestan Blvd., Baharestan

City

Ahwaz

Province

Khouzestan

Postal code

6138754181

Phone

+98 61 3334 1069

Email

fatemeh.ghatfan@gmail.com

Web page address

<https://fa.irct.ir/user/trial/33929/view>

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

mohammad badavi

Street address

Deputy of Development, Research and Technology of Jundishapur University of Medical Sciences and Health Services, Academic town, Golestan, Ahwaz

City

Ahwaz

Province

Khouzestan

Postal code

6135715794

Phone

+98 61 3333 3477

Fax

+98 61 3336 1544

Email

research@ajums.ac.ir

Web page address

<https://fa.irct.ir/user/trial/33929/update/sponsor>

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Ahwaz 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

Phone

+98 61 3334 1069

Email

fatemeh.ghatfan@gmail.com

Web page address

<https://fa.irct.ir/user/trial/33929/view>

Person responsible for general inquiries**Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Fatemeh Ghatfan

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

No. 28, Pamchal alley, Pamchal street, Army Phase 2 houses, Mahestan Blvd., Baharestan

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Province

Khouzestan

Postal code

6138754181

Phone

+98 61 3334 1069

Email

fatemeh.ghatfan@gmail.com

Web page address

https://fa.irct.ir/user/trial/33929/update/public_queries_contact

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

Ahvaz University of Medical Sciences

Full name of responsible person

Fatemeh Ghatfan

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

No. 28, Pamchal alley, Pamchal street, Army Phase 2 houses, Mahestan Blvd., Baharestan

City

Ahwaz

Province

Khouzestan

Postal code

6138754181

Phone

+98 61 3334 1069

Email

fatemeh.ghatfan@gmail.com

Web page address

https://fa.irct.ir/user/trial/33929/update/data_updater_contact

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Fatemeh Ghatfan

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

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City

Ahwaz

Province

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6138754181

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

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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