

# 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**

Khuzestan

**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**

Khuzestan

**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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**Web page address**

[https://fa.irct.ir/user/trial/33929/update/public\\_queries\\_contact](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**

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[https://fa.irct.ir/user/trial/33929/update/data\\_updater\\_contact](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**

Khouzestan

**Postal code**

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