Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of ergonomic intervention on burnout and resiliency in nurses working at Shohada hospital of lordegan

Protocol summary

Study aim
The effect of ergonomic intervention on burnout and resiliency in nurses working at Shohada hospital of Lordegan
Design
A two-group clinical trial with parallel groups, randomized to block, and the number of samples in each group was 35
Settings and conduct
This intervention consists of four stages of training, correction, exercise and support and follow-up that will be done on nurses at the Shohada hospital in Lordgan
Participants/Inclusion and exclusion criteria
nurses/Complete written informed consent form, no pregnancy for women, no spine surgery, not using analgesics during study, no participation in another exercise program, and no previous related illness or accident.
Intervention groups
Control group with no intervention and the intervention group with ergonomic intervention.
Main outcome variables
Improve burnout in nurses; Improve resiliency in nurses

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20091215002861N17**
Registration date: **2019-10-06, 1398/07/14**
Registration timing: **retrospective**

Last update: **2019-10-06, 1398/07/14**
Update count: **0**
Registration date
2019-10-06, 1398/07/14

Registrant information
Name
Reza Masoodi
Name of organization / entity
Nursing department, Shahrekord University of Medical Science,
Country
Iran (Islamic Republic of)
Phone
+98 38 1333 5654
Email address
masoodi@skums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-03-16, 1397/12/25
Expected recruitment end date
2019-04-14, 1398/01/25
Actual recruitment start date
2018-04-14, 1397/01/25
Actual recruitment end date
2019-04-14, 1398/01/25
Trial completion date
2019-06-21, 1398/03/31

Scientific title
The effect of ergonomic intervention on burnout and resiliency in nurses working at Shohada hospital of lordegan

Public title
The effect of ergonomic intervention on nurses
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Completion of written informed consent form
Exclusion criteria:
psychological diseases pregnancy spinal surgery use of

pain medication during the study participation in another sports program having previous illness or accident

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Actual sample size reached: **70**

Randomization (investigator's opinion)

N/A

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 Shahrekord University of Medical Sciences

Street address

Rahmatiye

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

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Approval date

2019-02-25, 1397/12/06

Ethics committee reference number

IR.SKUMS.REC.1397.244

Health conditions studied

1

Description of health condition studied

ergonomy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Percentage of nurses with burnout

Timepoint

before intervention, Instantly after intervention and 3 months later

Method of measurement

Maslach Burnout Questionnaire

2

Description

percentage of nurses with resiliency

Timepoint

before intervention, Instantly after intervention and 3 months later

Method of measurement

Conner Davidson's resiliency Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The group on which the ergonomic intervention is performed. Ergonomic intervention consists of four stages of training, corrective work, regular exercise program, and support and counseling. In the first phase, there will be a training session on ergonomic principles.Secondly, the risk factors of ergonomic factors are reviewed and modified individually by a professional health professional. In the third phase, two months of neck, shoulder and knee aerobic exercise are performed. At the end of these interventions, the group will be followed up by the researcher and if necessary, counseling and guidance will be provided.

Category

Other

2

Description

Control group: A group with no intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shohada Hospital of Lordegan

Full name of responsible person

Zahra Saeedi

Street address
Parastar Ave , Shohada Hospital
City
Lordegan
Province
Chahar-Mahal-va-Bakhtiari
Postal code
8891635133
Phone
+98 38 3444 4444
Email
hshlordegan@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahre-kord University of Medical Sciences
Full name of responsible person
Dr Kamal Solati
Street address
Rahmatiye
City
Shahrekord
Province
Chahar-Mahal-va-Bakhtiari
Postal code
8815713471
Phone
+98 38 3333 0061
Email
kamal_solati@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahre-kord 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
Shahre-kord University of Medical Sciences
Full name of responsible person
Raza Masoodi
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Rahmaiye
City
Shahrekord
Province
Chahar-Mahal-va-Bakhtiari
Postal code
8815713471
Phone
+98 38 3333 0061
Email
masoodi@skums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahre-kord University of Medical Sciences
Full name of responsible person
Raza Masoodi
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Rahmatiye
City
Shahrekord
Province
Chahar-Mahal-va-Bakhtiari
Postal code
8815713471
Phone
+98 38 3333 0061
Email
masoodi@skums.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Shahre-kord University of Medical Sciences
Full name of responsible person
Reza Masoodi
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Rahmatiye
City
Shahrekord
Province

Chahar-Mahal-va-Bakhtiari
Postal code
8815713471
Phone
+98 38 3333 0061
Email
masoodi@skums.ac.ir

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
No - There is not 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