

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 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

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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

Rahmatiyeh

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

۸۸۱۵۷۱۳۴۷۱

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

ergonomics

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

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8891635133

Phone

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Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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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

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City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

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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

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

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

Shahre-kord University of Medical Sciences

Full name of responsible person

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Position

Associate professor

Latest degree

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Other areas of specialty/work

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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

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