

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Assessment of the Effect of Ergonomics Intervention on Reducing Musculoskeletal Symptoms in office workers of Isfahan University of Medical Sciences

Protocol summary

Summary

The aim of this trial study is to assess the effect of personal and behavioral ergonomic intervention for reducing the musculoskeletal symptoms among office worker employees of Isfahan University of Medical Sciences. The target population is office-worker employees of the Medical school and School of Pharmacy. The inclusion criteria are people who work with computers for at least 3 hours per day, or have sedentary office-work for at least 6 hours per day, in either permanent or contract employment and agree to participate in this study. The exclusion criteria include any injury or musculoskeletal disorder developed during the investigation, leaving the work, and failure to comply the study protocol. 40 individuals agreeing to participate will be assigned to one of two study groups: the experimental group who will receive office ergonomic training and the control group conducting "business as usual" (no ergonomic training). Intervention consists of empowerment of the participants by training sessions and using the designed self-administered package. The following outcomes will be assessed before the intervention, and 3 months and 6 months later Musculoskeletal symptoms, Muscular Pain and Job-Satisfaction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201202204242N3**

Registration date: **2012-12-26, 1391/10/06**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-12-26, 1391/10/06

Registrant information

Name

Najmeh Jafari

Name of organization / entity

Isfahan University of Medical Sciences (IUMS)

Country

Iran (Islamic Republic of)

Phone

+98 31 1771 1112

Email address

n_jafari@med.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2012-12-15, 1391/09/25

Expected recruitment end date

2013-01-15, 1391/10/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment of the Effect of Ergonomics Intervention on Reducing Musculoskeletal Symptoms in office workers of Isfahan University of Medical Sciences

Public title

Ergonomics Intervention on Reducing Musculoskeletal Symptoms in office workers

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: working with computers for at least 3 hours per day; sedentary office-work for at least 6 hours per day; permanent or contract employment; agreement to participate in this study. Exclusion criteria: any injury or musculoskeletal disorder developed during the investigation; leaving the work; failure to comply the study protocol.

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

0

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Not randomized

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

Isfahan University of Medical Sciences

Street address

Hezarjerib street

City

Isfahan

Postal code

Approval date

2012-10-25, 1391/08/04

Ethics committee reference number

391264

Health conditions studied

1

Description of health condition studied

work related musculoskeletal disorder

ICD-10 code

M95

ICD-10 code description

Other acquired deformities of musculoskeletal system

and connective tissue

Primary outcomes

1

Description

Musculoskeletal symptoms

Timepoint

At the start of the study and after 3 and 6 Months

Method of measurement

Nordic Musculoskeletal Questionnaire

Secondary outcomes

1

Description

Muscular pain

Timepoint

At the start of the study and after 3 and 6 months

Method of measurement

Visual Analogue Scale of Pain

2

Description

Job satisfaction

Timepoint

At the start of the study and after 3 and 6 months

Method of measurement

Job-Satisfaction Questionnaire

Intervention groups

1

Description

Intervention consists of empowerment of the participants by using the designed self-administered package following an introductory session, describing the entire package to the users which consists of: 1. Introductory educational session for presenting the entire package, by senior investigators. 2. The Persian translation of Office Ergonomics Handbook, 5th edition, 2008, by: Occupational Health Clinics for Ontario Workers Inc., which will be developed by the investigators, covering all of the above-mentioned objectives in one place. 3. Software of Office-Ergonomics, which will be installed on the office computers of the participants, providing information and multimedia about office-ergonomics, as well as the capability of setting reminders for the rest-breaks. 4. A CD-ROM containing media clips about office-work and setting workstation design, adjusting keyboard, mouse and monitor, etc. 5. Educational poster about office-ergonomics pearls. 6. Self-efficacy feed-back checklist Control group receives no educational package.

Category

Behavior

2

Description

The control group conducting "business as usual" and receive no ergonomic training.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Medical School, Isfahan University of Medical Sciences

Full name of responsible person

Dr Amir Loghmani

Street address

Hezarjerib street

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy, Isfahan University of Medical Sciences

Full name of responsible person

Dr Peyman Adibi

Street address

Hezarjerib street

City

Isfahan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Research Deputy, Isfahan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Community Medicine Department

Full name of responsible person

Dr Amir Loghmani

Position

Resident of Community Medicine

Other areas of specialty/work

Street address

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Community Medicine Department

Full name of responsible person

Dr Parastoo Golshiri

Position

Community medicine Specialist

Other areas of specialty/work

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Person responsible for updating data

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Name of organization / entity

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Dr Amir Loghmani

Position

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty