Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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 outcomed 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

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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 after3 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 amd 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 recieves no educational package.
Category
Behavior

2

Description
The control group conducting “business as usual” and recieve 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
Reseach 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
Reseach 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
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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

Contact
Name of organization / entity
Community Medicine Department
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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