

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Designing and Evaluating Educational Intervention Based on Health Belief Model in Neck Pain Prevention Behaviors in Teachers.

Protocol summary

Study aim

Design and evaluation of an educational intervention based on the Health Belief Model in adopting neck pain prevention behaviors in teachers.

Design

Clinical trial with intervention and control groups, with parallel, Three-way blind, randomized groups, which will be performed on 140 people. A sealed envelope will be used for randomization.

Settings and conduct

The study is based on 140 primary school teachers in the 19th district of Tehran. Participants will be divided into two groups of control and intervention by simple randomization. Training and virtual ergonomic interventions will be performed on the intervention group, but no intervention will be performed on the control group. At the same time, pre-test questionnaires will be provided to both groups (control and intervention) for initial needs assessments. After collecting information, the data will be parsed and analyzed. Then we will design the training program and training intervention virtually.

Participants/Inclusion and exclusion criteria

Entry requirements: 1. Teachers who have access to the Internet and mobile phones. No entry conditions: 1. People's unwillingness to continue participating in research. 2. Teachers who have a second job. 3. Teachers with congenital musculoskeletal disorders of the neck. 4. Teachers who forbid the doctor to do sports.

Intervention groups

The intervention group will receive training but the control group will not receive training and in the end the effect of the intervention will be compared in both groups.

Main outcome variables

Awareness; behavior; perceived sensitivity; severely perceived; perceived barriers; perceived benefits; efficacy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210301050542N1**

Registration date: **2021-03-16, 1399/12/26**

Registration timing: **prospective**

Last update: **2021-03-16, 1399/12/26**

Update count: **0**

Registration date

2021-03-16, 1399/12/26

Registrant information

Name

Zohre Moradi

Name of organization / entity

The university of tarbiat modares

Country

Iran (Islamic Republic of)

Phone

+98 83 3837 2184

Email address

zohremoradi@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-10, 1400/02/20

Expected recruitment end date

2021-05-20, 1400/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Designing and Evaluating Educational Intervention Based on Health Belief Model in Neck Pain Prevention Behaviors in Teachers.

Public title

Evaluation of the Effect of Educational Intervention on Neck Pain

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Teachers who have access to the internet, mobile phones and the skills to use them.

Exclusion criteria:

People's unwillingness to continue participating in research. Teachers who have a second job. People with congenital musculoskeletal disorders of the neck. People with a history of surgery, neck fractures and significant neck pain. People who have a doctor forbidding them to do sports.

Age

From **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

Randomized

Randomization description

First, the names of all schools will be specified with a code and the relevant codes will be poured into a bag, or the computer will be randomly divided into two groups (test and control) using the computer method. After dividing the schools into two groups of control and test, the names of all teachers are re-identified and a bag is poured into the bag and people will be randomly selected from the bag and divided into two groups. Each group of 70 people will be selected for the study. 70 people will be selected as the control group and 70 people as the experimental group. To prevent any predictions by the participants and the researcher, the random allocation concealment method will be used.

Blinding (investigator's opinion)

Triple blinded

Blinding description

In this research, the researcher, the participants in the research and the people analyzing the data do not know the names of the people. The participants in the research will be identified based on the code and no personal information will be collected from the people in the research.

Placebo

Not used

Assignment

Parallel

Other design features

Design of educational intervention based on health belief model.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Tarbiat Modares University

Street address

Tarbiat Modares University, Nasr Bridge, Jalal Al-Ahmad Highway

City

Tehran

Province

Tehran

Postal code

1411713116

Approval date

2021-01-13, 1399/10/24

Ethics committee reference number

IR.MODARES.REC.1399.163

Health conditions studied**1****Description of health condition studied**

Neck Pain

ICD-10 code

M54.02

ICD-10 code description

Panniculitis affecting regions of neck and back, cervical region

Primary outcomes**1****Description**

Awareness

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

2**Description**

Perceived sensitivity

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

3

Description

Severely perceived

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

4

Description

Perceived benefits

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

5

Description

Perceived obstacles

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

6

Description

Cues to Action

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

7

Description

Efficacy

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

8

Description

Behavior

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

Secondary outcomes

1

Description

Neck pain prevention behavior score

Timepoint

Before the intervention and immediately after the intervention, three months after the intervention

Method of measurement

Researcher-made questionnaire

Intervention groups

1

Description

"Intervention group:" This group is trained for one month in a virtual way by holding webinars, presenting educational clips, pamphlets and posters, after which they will be under reminder trainings for 2 months.

Category

N/A

2

Description

"Control group:" There are 70 junior high school teachers who will not receive any intervention during the research period. Before the intervention, immediately after the intervention, and three months after the intervention, they will fill in the researcher-made questionnaire and the results It will be compared with the results of the intervention group and statistical analysis.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Schools in District 19 of Tehran

Full name of responsible person

Zohre Moradi

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Narges Dormitory 3 , Tarbiat Modares University, Nasr Bridge, Jala Al-Ahmad Highway

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Tehran

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Phone

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Email

zohremoradi@modares.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Trabiat Modares University

Full name of responsible person

Yaqub Fath Elahi

Street address

Tarbiat Modares University, Nasr Bridge, Jala Al-Ahmad Highway

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Email

Fatolahi@modares.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Trabiat Modares University

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**

Trabiat Modares University

Full name of responsible person

Sedigheh Sadat Tavafian

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

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Person responsible for updating data

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Position

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tavafian@modares.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Part of the data related to the main consequences can be

shared.

When the data will become available and for how long

Six months after the results were published

To whom data/document is available

The data will be available only to researchers working in academic and scientific institutions.

Under which criteria data/document could be used

Repeated measurement analysis to evaluate the effect of training duration six months after the last intervention.

From where data/document is obtainable

By sending an email to the email address
zohremoradi@modares.ac.ir

What processes are involved for a request to access data/document

One week after sending the email, the applicant will respond to the email address
zohremoradi@modares.ac.ir.

Comments