

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

Effect of ergonomic interventions on postural hazards and job stress among nursing staff.

Protocol summary

Study aim

Effect of ergonomic interventions on postural hazards and job stress among nursing staff in Shohada hospital, Tabriz, 1401.

Design

Participants will be divided into control and intervention groups. The sample size in each group was 13 people and a total of 26 people were obtained. In case of loss of % 10 samples, the sample size will be 14 people in each group and a total of 28 people will be selected.

Settings and conduct

The place which the study will be done is Shohada Hospital. People are photographed by using a camera. First, The Taft and Anderson Questionnaire will be completed. Interventions will be presented to the intervention group. The control group will not receive any intervention. Finally, after 10 weeks of interventions, the questionnaires will be completed as a post-test immediately after the intervention.

Participants/Inclusion and exclusion criteria

The participants in the study are the nursing staff of the operating room and special wards of Shohada Hospital. Inclusion criteria : 1) The person who is interested in participating in this study 2) Full-time staff as a nurse, paramedic and operating room specialist or anesthetist 1) Reluctance to continue cooperation 2) Occurrence of any type of accident and health problems that prevent the participants from continuing their education and cooperation

Intervention groups

Interventions include two parts, the first part of which is training and performing correct job positions while doing work and the second part of which includes corrective exercises. These interventions will be presented to the intervention group.

Main outcome variables

Reduce job stress and absenteeism due to work, improve quality of life and also reduce the cost of occupational injuries.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220330054373N1**

Registration date: **2022-05-12, 1401/02/22**

Registration timing: **registered_while_recruiting**

Last update: **2022-05-12, 1401/02/22**

Update count: **0**

Registration date

2022-05-12, 1401/02/22

Registrant information

Name

Mehran Sadeghi

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 41 3540 9769

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mehrann1374@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-03, 1401/01/14

Expected recruitment end date

2022-06-21, 1401/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of ergonomic interventions on postural hazards and job stress among nursing staff.

Public title

Effect of ergonomic interventions on postural hazards and job stress among nursing staff in Shohada hospital, Tabriz, 1401.

Purpose

Screening

Inclusion/Exclusion criteria

Inclusion criteria:

The person who is interested in participating in the study. Full-time employee as a nurse, assistant nurse and operating room specialist or anesthetist. The person participating in the research has not recently participated in related training courses. Participants should not have acute injuries while entering the study. No history of surgery in the spine, lumbar region, tumor and pregnancy.

Exclusion criteria:

Reluctance to continue cooperation Occurrence of any type of accident and health problems that prevent the participants from continuing their education and cooperation

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description

To assign individuals to the control and intervention groups, the subjects were divided into four blocks based on the confounder variable. 7 quadruple blocks were considered. Inside these blocks is the code a, b. These codes are randomly distributed. People who received code a are in the intervention group and code b is in the control group. They will receive intervention accordingly. Their specificity is also based on random blocks.

Blinding (investigator's opinion)

Double blinded

Blinding description

The researcher, the data analyzer, does not know in which of the experimental and control groups the selected samples are, and each sample will be introduced by a specific code.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of social welfare and Rehabilitation Sciences

Street address

Koodkyar deadend , Daneshjoo Blvd, Evin St

City

Tehran

Province

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Postal code

1985713834

Approval date

2022-03-09, 1400/12/18

Ethics committee reference number

IR.USWR.REC.1400.328

Health conditions studied

1

Description of health condition studied

Postural hazards

ICD-10 code

Z77.1

ICD-10 code description

Contact with and (suspected) exposure to environmental pollution and hazards in the physical environment

2

Description of health condition studied

Job stress

ICD-10 code

Z56.6

ICD-10 code description

Other physical and mental strain related to work

Primary outcomes

1

Description

Job stress

Timepoint

Before the intervention, three months after the start of the intervention

Method of measurement

TOFT & ANDERSON Questionnaire

2

Description

Postural hazards

Timepoint

Before the intervention, three months after the start of the intervention

Method of measurement

Digimizer application

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Group A. For this group of study, intervention will be presented for 10 weeks, which includes training to perform correct body postures and corrective exercises. These trainings will be conducted by the researcher for 30 minutes in 7-person sessions for 4 weeks, each Week 1 session is provided. Also, the first session of corrective exercises at the same time with the beginning of the third session of ergonomics training and correct job positions for 8 weeks, 3 sessions per week. Each session lasts 45 to 90 minutes by the researcher.

Category

Lifestyle

2

Description

Control group: Group B. No training or intervention will be presented for this group. After the completion of the project, according to the mentioned ethical considerations, trainings will be provided for this group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shohada Hospital, Tabriz

Full name of responsible person

Narges Arsalani

Street address

Golshahr st , Elgoli blv , Tabriz

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East Azarbaijan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of social welfare and rehabilitation 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

University of social welfare and rehabilitation sciences

Full name of responsible person

Narges Arsalani

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Mehran Sadeghi

Position

Student

Latest degree

Bachelor

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

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

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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