Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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)
Phone
+98 41 3540 9769
Email address
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
Tehran
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
City
Tabriz
Province
East Azarbaijan
Postal code
692
Phone
+98 41 3389 3336
Email
nargesarsalani@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of social welfare and rehabilitation sciences
Full name of responsible person
Hamidreza khanke
Street address
Koodkyar deadend , Daneshjoo Blvd, Evin St
City
Tehran
Province
Tehran
Postal code
1985713834
Phone
+98 21 2218 0109
Email
nargesarsalani@gmail.com
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
Street address
Koodkyar deadend , Daneshjoo Blvd, Evin St
City
Tehran
Province
Tehran
Postal code
1985713834
Phone

+98 21 7173 2000

Email

nargesarsalani@gmail.com

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

Nursery

Street address

Koodkyar deadend , Daneshjoo Blvd, Evin St

City

Tehran

Province

Tehran

Postal code

1985713834

Phone

+98 21 7173 2000

Email

mehrann1374@gmail.com

Person responsible for updating data

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

Nursery

Street address

No 70 ., Rezazade deadend., Delgosha alley., Hafez ave.,Tabriz

City

Tabriz

Province

East Azarbaijan

Postal code

6789151636

Phone

+98 41 3540 9769

Email

mehrann1374@gmail.com

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