

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 2026

### The effect of 8 weeks of corrective exercises in the treatment of musculoskeletal pain and assessment of moods of students aged 13-15 years in coronavirus epidemic

#### Protocol summary

##### Study aim

The effect of 8 weeks of corrective exercises in the treatment of musculoskeletal pain, evaluation of students' moods during the coronavirus epidemic

##### Design

The community of male and female students aged 13 to 15 years north and south of Bandar Mahshahr (400 people, 200 girls and 200 boys). From among the returned questionnaires, 30 healthy girls and 30 boys without musculoskeletal disorders and 30 girls and 30 boys with musculoskeletal disorders will be randomly selected and divided into experimental and control groups.

##### Settings and conduct

Subjects will complete the adolescent Nordic questionnaire, physical activity questionnaires, and Broms mood questionnaires before the test and send them to the researcher. The experimental group will perform corrective exercises. First, 5 minutes of warm-up exercises, 30 minutes of corrective exercises including neck mobility, neck stretching, neck strengthening, shoulder mobility, shoulder stretching, modified swimming, sit-ups, squats, quads, hip mobility, hamstring stretching and The plank will continue and end with a 5 minute cool down. The exercises will be performed at home and do not require special and expensive tools and will be done with the researcher's guidance and supervision and the program sent by him.

##### Participants/Inclusion and exclusion criteria

Students/with musculoskeletal pain according to the Nordic questionnaire in the last 7 days. Healthy people according to the Nordic questionnaire in the last 7 days.

##### Intervention groups

Experimental group: they will perform corrective exercises for stretching, strengthening, mobility, and central stability. The control group will perform their normal life without corrective exercises.

#### Main outcome variables

Improvement of students' musculoskeletal pain, improvement of students' musculoskeletal disorders, improvement of students' mood conditions

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220705055375N1**

Registration date: **2022-07-29, 1401/05/07**

Registration timing: **registered\_while\_recruiting**

Last update: **2022-07-29, 1401/05/07**

Update count: **0**

##### Registration date

2022-07-29, 1401/05/07

##### Registrant information

##### Name

farhad shourie

##### Name of organization / entity

The University of Sharekord

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 5289 2600

##### Email address

f\_shouri@stu.sku.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-07-23, 1401/05/01

##### Expected recruitment end date

2022-08-23, 1401/06/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of 8 weeks of corrective exercises in the treatment of musculoskeletal pain and assessment of moods of students aged 13-15 years in coronavirus epidemic

**Public title**

The effect of 8 weeks of corrective exercises in the treatment of musculoskeletal pain and assessment of moods of students aged 13-15 years in coronavirus epidemic

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Having musculoskeletal pain based on the Nordic questionnaire in the last 7 days Healthy people based on the Nordic questionnaire in the last 7 days Age range 13-15 years

**Exclusion criteria:**

Physical problems caused by accidents and congenital problems such as knee braces, crossed knees, etc Respiratory problems including asthma

**Age**From **13 years** old to **15 years** old**Gender**

Both

**Phase**

N/A

**Groups that have been masked***No information***Sample size**Target sample size: **120****Randomization (investigator's opinion)**

Randomized

**Randomization description**

By simple random sampling individually with the help of the web program (randomizer.org), they are assigned to an intervention group and a control group with musculoskeletal disorders and a healthy control group. A member of the research team not involved in the selection of the samples will determine the random allocation sequence using the randomizer.org web application. Randomly sequenced opaque sealed envelopes will be used to conceal the allocation. Based on the size of the research sample, a number of envelopes are prepared and each of the randomly created sequences are recorded on a card and the cards are placed inside the envelopes in order to avoid the lack of clarity of the contents of the envelopes. In order to preserve the random sequence, the outer surface of the envelopes is numbered in the same order. Finally, the lid of the letter envelopes is glued and placed in a box in order. At the time of the registration of the participants, according to the order of entry of the eligible participants

into the study, one of the letter envelopes is opened in order and the assigned group of that participant. It is revealed.

**Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

In this study, people are examined before and after receiving corrective exercises

**Secondary Ids**

empty

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

Ethics Committee in Shahrekord University Research

**Street address**

Rahbar Boulevard - Shahrekord University

**City**

Sharekord

**Province**

Chahar-Mahal-va-Bakhtiari

**Postal code**

8818634141

**Approval date**

2022-05-31, 1401/03/10

**Ethics committee reference number**

IR.SKU.REC.1401.022

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

Musculoskeletal pains and evaluation of students' moods

**ICD-10 code**

M95

**ICD-10 code description**

Other acquired deformities of musculoskeletal system and connective tissue

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

The effect of 8 weeks of corrective exercises on students

**Timepoint**

Before starting the intervention after corrective exercises

**Method of measurement**

Nordic Adolescent Questionnaire - Broms Questionnaire - International Physical Activity Questionnaire

## Secondary outcomes

empty

## Intervention groups

1

### Description

Intervention group: The intervention group will practice for 8 weeks and will do 3 practice sessions per week on Sunday, Tuesday and Thursday, and each practice session will be 40 minutes each day. Each training session starts with a 5-minute warm-up every day and 30 minutes of corrective exercises (interventions) including neck mobility exercises, shoulder flexion, hip mobility, back mobility, and shoulder, neck, hip, and back stretching exercises. Neck, shoulder, hip, and back strengthening exercises will continue and end with a 5-minute cool down.

### Category

Treatment - Other

2

### Description

Control group: Control group: The control group will continue their normal life for 8 weeks.

### Category

Treatment - Other

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Mahshahr Port Education

#### Full name of responsible person

Farhad Shourie

#### Street address

Shahid Taleghani St

#### City

Mahshahr Port

#### Province

Khouzestan

#### Postal code

6351817366

#### Phone

+98 61 5235 5088

#### Email

f\_shouri@stu.sku.ac.ir

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

The University of Shahrekord

#### Full name of responsible person

PHD. Ahmed Kiwani

### Street address

Shahrekord- Rahbar Boulvar

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### Province

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8818634141

### Phone

+98 38 3232 3544

### Email

ahmadkeyvani@gmail.com

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

The University of Shahrekord

### Proportion provided by this source

5

### 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

The University of Shahrekord

#### Full name of responsible person

Farhad Shourie

#### Position

University Student

#### Latest degree

Bachelor

#### Other areas of specialty/work

Sports Pathology and Corrective Exercises

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Sharekord- Boulvare- Rahbar

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

The University of Sharekord  
**Full name of responsible person**  
PHD. Bhenam Ghasemi  
**Position**  
Associate Professor  
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Ph.D.  
**Other areas of specialty/work**  
Sports Rehabilitation Doctor  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
The University of Sharekord  
**Full name of responsible person**  
Farhad Shourie  
**Position**  
University Student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Sports pathology and corrective exercises  
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Bolvare- Rahbar  
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**Postal code**  
8818634141  
**Phone**  
+98 38 3232 4401  
**Email**  
f\_shouri@stu.sku.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

Yes - There is a plan to make this available

### Title and more details about the data/document

With the permission of the tutor, all information can be shared after anonymization.

### When the data will become available and for how long

Start the access period one year after printing the results

### To whom data/document is available

Data will be available to academic and scientific researchers

### Under which criteria data/document could be used

Any kind of functional analysis on the submitted data is allowed

### From where data/document is obtainable

By f\_shouri@stu.sku.ac.ir

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

By f\_shouri@stu.sku.ac.ir and mentioning the use of documents

### Comments