Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Swedish massage on ergonomic risk factors and range of motion of female hairdressers with musculoskeletal disorders

Protocol summary

Study aim
General purpose: The effect of 10 sessions of Swedish massage on ergonomic risk factors and range of motion of female hairdressers with musculoskeletal disorders

Design
The clinical trial has a control group, the sample size is 42 people, this study is a blind strain. G-Power software was used for randomization.

Settings and conduct
The study was conducted on 42 hairdressers in Arak, who were randomly selected from among 74 hairdressers in the city, and 21 of them received 10 sessions of Swedish massage for 5 weeks. In this study, participants who do not know how to work are blinded.

Participants/Inclusion and exclusion criteria
Entry and exit criteria: Female hairdressers who do hair-related work and whose average age is between 25 and 35 years old must not have orthopedic problems in terms of back, lumbar, and neck spine injuries and have not performed any surgery in the upper and lower pelvic area, and must not have any Contagious and non-contagious and rheumatic skin diseases.

Intervention groups
The studied groups consist of 42 people, divided into two groups of 21 people (one control group and the other experimental group). 10 sessions of Swedish massage are performed on the experimental group.

Main outcome variables
Independent: Swedish massage; Related: ergonomic risk factors, range of motion of female hairdressers, musculoskeletal disorders

General information

Reason for update

Acronym
msd

IRCT registration information
IRCT registration number: **IRCT20230619058540N1**
Registration date: **2023-08-09, 1402/05/18**
Registration timing: **prospective**

Last update: **2023-08-09, 1402/05/18**
Update count: **0**

Registration date
2023-08-09, 1402/05/18

Registrant information

Name
Fateme Kalantari

Name of organization / entity
Arak university

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-08-22, 1402/05/31

Expected recruitment end date
2023-10-07, 1402/07/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of Swedish massage on ergonomic risk factors and range of motion of female hairdressers with musculoskeletal disorders

Public title

Investigating the effect of Swedish massage on musculoskeletal disorders

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Female hairdressers who do hair-related work and whose average age is between 25 and 35 years old, who do not have orthopedic problems in terms of back, lumbar, and neck spine injuries, and who have not performed any surgery in the upper and lower limbs, as well They must be free of any contagious and non-contagious skin diseases and rheumatism.

Exclusion criteria:

Hairdressers suffering from various skin and rheumatic diseases, history of surgery and orthopedic problems in the cervical, back and lumbar spine.

Age

From **25 years** old to **35 years** old

Gender

Female

Phase

3

Groups that have been masked

- Participant

Sample size

Target sample size: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

Research community: female hairdressers with musculoskeletal disorders of Arak city will form 1401-1402. Using G-Power software, a statistical sample of 42 people was obtained for both groups (21 control people, 21 experimental people). 21 experimental people are randomly selected and massage is performed on them.

Blinding (investigator's opinion)

Single blinded

Blinding description

The participants are unaware of the division of control and experimental groups.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Arak University

Street address

Arak University, Karbala Boulevard, Basij Square, Sardasht, Arak

City

Arak

Province

Markazi

Postal code

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Approval date

2023-04-19, 1402/01/30

Ethics committee reference number

IR.ARAKU.REC.1402.012

Health conditions studied

1

Description of health condition studied

Hairdresser women with musculoskeletal disorders

ICD-10 code

M79.9

ICD-10 code description

Soft tissue disorder, unspecified

Primary outcomes

1

Description

Ergonomic risk factors: In fact, ergonomics is a science that deals with the relationship between humans and the work environment. The method used in ergonomics is reba, the reba method is a suitable method for evaluating jobs in which there are many changes in the working posture.

Timepoint

Time periods measurement of pain and range of motion at the beginning of the study (before the start of the intervention) and 1 weeks after the end of the massage sessions.

Method of measurement

Cornell Pain Questionnaire, Reba Ergonomics Questionnaire

Secondary outcomes

1

Description

Pain improvement score and range of motion

Timepoint

The time periods of measuring pain and range of motion at the beginning of the study (before the start of the intervention) and 1 week after its start

Method of measurement

Cornell Pain Questionnaire and Reba Ergonomics Questionnaire

Intervention groups

1

Description
Intervention group: An intervention group
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Hairdressers in Arak city
Full name of responsible person
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Sponsors / Funding sources

1

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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
the University of Arak
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
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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
Yes - There is 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
Title and more details about the data/document
All data will be accessible after publication of the research.
When the data will become available and for how long
Since 1402
To whom data/document is available
All people, including university researchers, professors, and hairdressers can receive the research.
Under which criteria data/document could be used
A person who intends to study this research can send a message to the researcher via e-mail to access the data, and the person can also use all the information in the article.
From where data/document is obtainable
First to the email: shahrjerdi.shahnaz@gmail.com Then call the following number: 09161520974 And finally, he can refer to the library of Arak University located in Sardasht, Karbala Boulevard, in front of the flour factory.
What processes are involved for a request to access data/document
The applicant can obtain the documents after sending an email to the researcher and receiving confirmation from the researcher.
Comments