

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of training and reminding of ergonomic posture on the observance of behaviors based on the prevention of musculoskeletal disorders among nursing students

Protocol summary

Study aim

Determining the effect of training and reminding of the ergonomic situation on the observance of behaviors based on the prevention of skeletal-muscular disorders of nursing students.

Design

A randomized controlled clinical trial on 60 nursing students

Settings and conduct

Ayatollah Taleghani Hospital in Chalus and Imam Sajjad Ramsar and Shahid Rajaei Hospital in Tankabon

Participants/Inclusion and exclusion criteria

Inclusion criteria : 1. Desire to participate in research 2. 7th and 8th semester nursing students 3. Having no history of musculoskeletal disorders based on self-report 4. Not having musculoskeletal surgery in the last 6 months 5. Carrying a smartphone and internet connection 6. Not having the experience of participating in workshops or classes related to ergonomics
Exit criteria: 1. Unwillingness to continue participating in research 2. Not seeing a daily warning for more than three days during a month

Intervention groups

At the beginning of the study, all the questionnaires of the present study will be completed by the intervention group. Then, two sessions of the training workshop are held in connection with the ergonomic situation and a booklet containing the information of the workshop is given to them. In the next stage, which is the stage of remembering the ergonomic position, twice a day for a month (once before the start of work study and once during the work study break) a short text about how to correctly implement the ergonomic position in one area along with the person's own photo of the same position It will be posted on the social network available to students. After a month, the research questionnaires will be completed again by the intervention group.

Main outcome variables

Training and reminding of the ergonomic situation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230701058627N1**

Registration date: **2023-07-21, 1402/04/30**

Registration timing: **retrospective**

Last update: **2023-07-21, 1402/04/30**

Update count: **0**

Registration date

2023-07-21, 1402/04/30

Registrant information

Name

mozhddeh Taheryafshar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 911 578 3014

Email address

mojdehafshar94@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-18, 1402/02/28

Expected recruitment end date

2023-06-20, 1402/03/30

Actual recruitment start date

2023-05-18, 1402/02/28

Actual recruitment end date

2023-06-20, 1402/03/30 Trial completion date 2023-06-20, 1402/03/30 Scientific title The effect of training and reminding of ergonomic posture on the observance of behaviors based on the prevention of musculoskeletal disorders among nursing students Public title The effect of teaching and recalling ergonomic posture in nursing students Purpose Education/Guidance Inclusion/Exclusion criteria Inclusion criteria: Willingness to participate in research 7th and 8th semester nursing students Having no history of musculoskeletal disorders based on self-report Not having musculoskeletal surgery in the last 6 months Carrying a smartphone and internet connection Not having the experience of participating in workshops or classes related to ergonomic posture Exclusion criteria: Unwillingness to continue participating in research Not seeing a daily warning for more than three days during a month Age No age limit Gender Both Phase N/A Groups that have been masked No information Sample size Target sample size: 60 Actual sample size reached: 53 Randomization (investigator's opinion) Randomized Randomization description At first, the list of the training group of nursing students of the 7th and 8th semesters (who are subject to training on all days of the week) in the aforementioned hospitals is received by the researcher, and then the first group of the training list is assigned to the control or intervention group by throwing a coin, and the second group of training The opposite of what was obtained in the coin toss is selected. This is because the number of students in the control and intervention groups is almost equal in terms of academic semester (for example, if 15 students from the control group were from the 7th semester, almost the same number of students from the 8th semester are in the control group). Separation of study groups on the basis of control and intervention will prevent leakage of information within the group. Then the eligible people will be included in the study. Blinding (investigator's opinion) Not blinded Blinding description Placebo	Not used Assignment Other Other design features Secondary Ids empty Ethics committees <u>1</u> Ethics committee Name of ethics committee Ethics Committee of Babol University of Medical Sciences Street address Babol University of Medical Sciences,Ganj Afrooz Ave City Babol Province Mazandaran Postal code 47176-47745 Approval date 2023-02-19, 1401/11/30 Ethics committee reference number IR.MUBABOL.HRI.REC.1401.234 Health conditions studied <u>1</u> Description of health condition studied Musculoskeletal Disorders ICD-10 code M79.9 ICD-10 code description Soft tissue disorder, unspecified Primary outcomes <u>1</u> Description behaviors based on the prevention of musculoskeletal disorders Timepoint 1month Method of measurement Questionnaire of behaviors based on the prevention of musculoskeletal disorders Secondary outcomes empty Intervention groups
---	---

1

Description

Intervention group: The study process for the intervention group was such that at the beginning of the study, all study questionnaires were completed by the intervention group. Then, according to the free time of the students, at the appropriate time, two training sessions related to the ergonomic situation were held in one of the classes of the nursing faculty, and a booklet containing the workshop information was given to them. The workshop was conducted by the researcher and in the presence of a senior expert in ergonomics so that the researcher's training was under his supervision. At the beginning of the workshop, research objectives and educational materials were introduced, then educational materials were taught. At the end of the workshop of the second session, all the correct positions taught by each student were performed individually and a photo of each student with the correct ergonomic position (head and neck, shoulder, back, legs, standing, sitting, bending, etc.) was taken. In the next stage, which is the ergonomic posture reminder stage, a short text about how to correctly implement the ergonomic posture in an area, along with the person's photo of the same posture, was sent to the student on the social network twice a day for a month (once before the start of homework and once during homework breaks). Each day was dedicated to remembering only one position, for example: Saturday the correct position of the head and neck, Sunday the shoulders, Monday the back, etc. No messages were sent on holidays such as Fridays. After a month, the research questionnaires were completed again by the intervention group.

Category

Other

2

Description

Control group: The study process in the control group is as follows: at the beginning of the study and one month after the start of the study, they completed the study questionnaires and during one month no intervention was done for this group and they completed their studies as usual.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Sajjad Ramsar Hospital, Shahid Rajaei Tankabon Hospital, Ayatollah Taleghani Chalos Hospital

Full name of responsible person

mozhdeh Tahery afshar

Street address

Imam Sajjad (AS) Hospital, Shahid Motahari St, Revolution Square, Ramsar

City

Ramsar

Province

Mazandaran

Postal code

4691714141

Phone

+98 11 5522 5151

Email

mojdehafshar94@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Mahdi Rajabnia

Street address

Ganj Afrooz St., Babol University of Medical Sciences

City

Babol

Province

Mazandaran

Postal code

4717647754

Phone

+98 911 321 0558

Email

research@mubabol.ac.ir

Grant name

Grant code / Reference number

دانشگاه علوم پزشکی بابل

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

Yes

Title of funding source

Babol University of Medical 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

Babol University of Medical Sciences

Full name of responsible person

Mozhdeh Tahery Afshar

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Babol University of Medical Sciences, Ganj Afrooz St,
Babol, Iran

City

Babol

Province

Mazandaran

Postal code

4754131045

Phone

+98 911 578 3014

Email

mojdehafshar94@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Sepideh mohammadi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Ramsar College of Nursing, Motahari Street, Ramsar,
Iran

City

Ramsar

Province

Mazandaran

Postal code

4691714141

Phone

+98 11 5522 5151

Email

sepidmohamadi@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Mozhdeh Tahery afshar

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Babol University of Medical Sciences, Ganj Afrooz St,
Babol, Iran

City

Babol

Province

Mazandaran

Postal code

4754131045

Phone

+98 992 319 4667

Email

mojdehafshar94@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