

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Examining the effectiveness of a remote educational intervention based on self-efficacy theory in reducing job burnout among healthcare workers with occupational low back pain

Protocol summary

Study aim

The effectiveness of distance education based on self-efficacy theory on reducing job burnout of employees with occupational back pain

Design

A controlled, single-blind, randomized, phase 3 clinical trial on 102 patients. A table of random numbers will be used for randomization.

Settings and conduct

The study will be conducted in the health center of Chalus city. The participants are the health workers of the centers. In the first phase, a cross-sectional study is conducted to describe the society, in which all people are examined by census. In the next phase, a sample of these people is selected and randomly assigned to two intervention and control groups. Then the electronic educational program will be designed and implemented for the intervention group. The study is one-sided blind, so that the researchers or the outcome assessors are not aware of the allocation of the study groups. The assignment of groups will be done by the coordinator.

Participants/Inclusion and exclusion criteria

Inclusion criteria 1. Male and female health workers 2. Having non-specific back pain 3. Internet access and online services Exclusion criteria 1. Having any disease that prevents the person from participating in the study 2. Pregnancy 3. Having back pain with any pathological cause 4. Taking medicine to reduce back pain according to doctor's prescription

Intervention groups

The educational intervention will be implemented through social media for 5 days and a duration of one hour for the intervention group. After the end of the intervention, a weekly reminder message is sent to people through social media or SMS. The control group will not receive training.

Main outcome variables

Primary outcome: Job burnout Secondary outcome: Self-efficacy, Low back pain

General information

Reason for update

Acronym

RESET

IRCT registration information

IRCT registration number: **IRCT20230930059559N1**

Registration date: **2024-02-20, 1402/12/01**

Registration timing: **prospective**

Last update: **2024-02-20, 1402/12/01**

Update count: **0**

Registration date

2024-02-20, 1402/12/01

Registrant information

Name

Seyedeh Somayeh Kazemi

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 11 3565 2373

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-03-18, 1402/12/28

Expected recruitment end date

2024-04-16, 1403/01/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Examining the effectiveness of a remote educational intervention based on self-efficacy theory in reducing job burnout among healthcare workers with occupational low back pain

Public title

Remote Education based on Self-Efficacy Theory

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Male and female health workers Having non-specific back pain related to work for 12 weeks or more (based on the diagnosis of a physical medicine specialist) Internet access and online services

Exclusion criteria:

Having any disease that prevents the person from participating in the study Pregnancy Having back pain with any pathological cause Taking medicine to reduce back pain according to doctor's prescription

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

- Investigator
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: 88

Randomization (investigator's opinion)

Randomized

Randomization description

In the first phase, a cross-sectional study is conducted to describe the society, in which all people are examined. In the next phase, a sample of these people is selected and assigned to two intervention and control groups by a simple random method. For this purpose, first, the list of employees with personnel code and mobile number is received from the administrative affairs unit through the coordinator. The personnel code of all the selected people is written on the envelope and then placed in an opaque container. Then 88 envelopes are randomly selected from the container by a third party. The first envelope is considered for the intervention group, the second envelope for the control group, and so on until the 88th envelope, one for the intervention group and one for the control group. To ensure the concealment of the random allocation of the envelopes, the coordinator (outside the research team) blindly selects the envelopes from the non-transparent container.

Blinding (investigator's opinion)

Single blinded

Blinding description

Researchers or outcome assessors are unaware of study group allocation. A person as a coordinator will assign the groups randomly based on the personnel code.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Mazandaran University of Medical Sciences

Street address

Moalem Square, Moalem Ave., Ayatollah Taleghani Ave., Research and Technology Deputy Building

City

Sari

Province

Mazandaran

Postal code

4815733971

Approval date

2023-12-18, 1402/09/27

Ethics committee reference number

IR.MAZUMS.IMAMHOSPITAL.REC.1402.102

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

Job burnout

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Job burnout

Timepoint

Baseline and 3-months follow up

Method of measurement

Maslach Burnout Inventory

Secondary outcomes

1

Description

Self-efficacy

Timepoint

Baseline and 3-month follow up

Method of measurement

General Self-Efficacy Scale-GSE

2

Description

Low Back Pain

Timepoint

Baseline and 3-month follow up

Method of measurement

Visual Analogue Scale

Intervention groups

1

Description

Prior to implementing the intervention, an educational program is designed based on self-efficacy theory and pre-tested. For the pre-testing, the educational program will be provided to two health education specialists, two orthopedic specialists, and ten healthcare workers for content and execution assessment. If needed, feedback from individuals and experts will be incorporated into the program, and the final file will be prepared for presentation. The educational content includes a general section, ergonomic principles, back stretching and strengthening exercises, self-efficacy and ways to enhance it, job fatigue and its factors, coping strategies with job fatigue. In the next stage, the educational intervention will be delivered through social media for 5 days, with a duration of one hour per day for the target group. After the intervention ends, a weekly reminder message will be sent to individuals through social media or text messages. The impact of the educational program will be evaluated three months after the intervention.

Category

Behavior

2

Description

Control group: Will not receive training. After the three-month follow-up and at the end of the project, the educational content will be provided to the control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health and treatment network of Chalous

Full name of responsible person

Seyedeh_Somayeh Kazemi

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Imam Khomeini Street, Salamat Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Pedram Ebrahimnejad

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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

Mazandaran 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

Mazandaran University of Medical Sciences

Full name of responsible person

Seyedeh_Somayeh Kazemi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Seyedeh_Somayeh Kazemi

Position

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Person responsible for updating data

Contact

Name of organization / entity

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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

No - There is not a plan to make this available

Informed Consent Form

Yes - There is 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 personal data of participants can be shared after de-identification.

When the data will become available and for how long

The access period starts immediately after the results are printed.

To whom data/document is available

Researchers working in academic and scientific institutions and people working in industry.

Under which criteria data/document could be used

In the case of using the results of the study or designing an educational intervention in similar studies.

From where data/document is obtainable

via the corresponding author's email. Seyedeh somayeh Kazemi (somayeh.kazemi7@gmail.com)

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

Contact the corresponding author by email and send it within ten working days.

Comments