# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## The effect of health education based on Transtheoretical model (TTM) for promoting correct working posture for prevention of chronic back pain among operating room nurses of hospitals in Hamadan city.

## Protocol summary

**Summary**

This study is a quasi-experimental type aim at determining the effect of health education based on Trans-theoretical model (TTM) for promoting correct working posture for prevention of chronic back pain among operating room nurses of hospitals in Hamadan city. First, 4 hospitals were selected in Hamedan city. Then, participants having eligible criteria will be selected and randomly assigned into intervention or control group. After performing Pre-test and analyzing the data, educational intervention would design according to Pre-test results. Then, educational intervention will be performed for the intervention group. One month after the intervention, the effect of intervention on TTM constructs and posture for prevention of chronic back pain will be estimated and compared between the two groups.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201107277132N1**
Registration date: **2011-11-15, 1390/08/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**

2011-11-15, 1390/08/24

**Registrant information**

**Name**

Tahereh Dehdari

**Name of organization / entity**

Iran University of Medical Sciences and Health Services

**Country**

Iran (Islamic Republic of)

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+98 2188779118263

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**Recruitment status**

**Recruitment complete**

**Funding source**

Tehran University of Medical Sciences

**Expected recruitment start date**

2011-03-20, 1389/12/29

**Expected recruitment end date**

2011-03-20, 1389/12/29

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of health education based on Transtheoretical model (TTM) for promoting correct working posture for prevention of chronic back pain among operating room nurses of hospitals in Hamadan city.

**Public title**

The effect of health education based on Transtheoretical model (TTM) for promoting correct working posture for prevention of chronic back pain among operating room nurses of hospitals in Hamadan city.

**Purpose**

Prevention

**Inclusion/Exclusion criteria**

Inclusion criteria: the nurses in contemplation and preparation stages for performing suitable posture, consent of nurses for participating in the study, No

physical disabilities or chronic back pain Exclusion criteria: Refusal to continue participation in the study Intervention for the experimental group: Performing educational intervention .The educational intervention content and educational planning will be designed based on pre-test results of the two groups (need assessment).

**Age**
No age limit

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **80**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**

**Blinding (investigator's opinion)**
Not blinded

**Blinding description**

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

**1**

**Ethics committee**

**Name of ethics committee**
Tehran University of Medical Sciences and Health Services

**Street address**
Ghods avenue, Keshavarz square, Tehran, Iran

**City**
Tehran

**Postal code**
88989664

**Approval date**
2011-10-11, 1390/07/19

**Ethics committee reference number**
90-02-132-13751

## Health conditions studied

**1**

**Description of health condition studied**
Low back pain

**ICD-10 code**
M54.5

**ICD-10 code description**

## Primary outcomes

**1**

**Description**
promoting correct working posture for prevention of chronic back pain

**Timepoint**
pre and one month ater intervention

**Method of measurement**
scale and chek list

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Control group: No intervention.

**Category**
Other

**2**

**Description**
Intervention group: Performing educational intervention .The educational intervention content and educational planning will be designed based on pre-test results of the two groups (need assessment).

**Category**
Prevention

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Besat Hospital

**Full name of responsible person**

**Street address**
Ayatallah Motahari square,Resalat Blvd, Hamedan,Iran

**City**
Hamedan

**2**

**Recruitment center**

**Name of recruitment center**
Ekbatan Hospital

**Full name of responsible person**

**Street address**
Taleghani square, Hamedan,Iran

**City**
Hamedan

**3**

**Recruitment center**
**Name of recruitment center**
Fatemieh Hospital
**Full name of responsible person**
**Street address**
Pasdaran avenue, Hamedan, Iran
**City**
Hamedan

**4**

**Recruitment center**
**Name of recruitment center**
Shahid Beheshti Hospital
**Full name of responsible person**
**Street address**
Eram square,Hamedan,Iran
**City**
Hamedan

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Research Dept of Tehran University of Medical Sciences and Health Services
**Full name of responsible person**
Research Dept
**Street address**
Ghods avenue, Keshavarz square, Tehran, Iran
**City**
Tehran
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Research Dept of Tehran University of Medical Sciences and Health Services
**Proportion provided by this source**
100
**Public or private sector**
*empty*
**Domestic or foreign origin**
*empty*
**Category of foreign source of funding**
*empty*
**Country of origin**
**Type of organization providing the funding**
*empty*

## Person responsible for general inquiries

**Contact**
**Name of organization / entity**
Tehran University of Medical Sciences and Health Services
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## Person responsible for scientific inquiries

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## Person responsible for updating data

**Contact**

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
*empty*
**Study Protocol**
*empty*
**Statistical Analysis Plan**
*empty*
**Informed Consent Form**
*empty*
**Clinical Study Report**
*empty*
**Analytic Code**
*empty*

| | |
|---|---|
| **Data Dictionary** | *empty* |