

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jul 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

Email address

t-dehdari@tums.ac.ir

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

Full name of responsible person

Zeinab Moazzemi

Position

MS student

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

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Ph.d in health education

Other areas of specialty/work

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Email

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Web page address

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

