Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Clinical trial of evaluation the effect of ergonomic trainings in reducing the musculoskeletal disorders comparing to pre-training measurements in dentists with at least 5-years working background

Protocol summary

Summary

(1) Objectives: To survey the effects of ergonomics training on reduction of the musculoskeletal disorders in dentists with at least 5-years working background. (2) Design: 50 dentists from Tehran University of Medical Sciences with at least 5-years working background (3) Setting and conduct: 50 dentists are evaluated about the prevalence of musculoskeletal disorders using Nordic questionnaire. The dentists all exposed to ergonomics training. Six-months later the dentists are reevaluated about the reduction in prevalence of musculoskeletal disorders using Nordic questionnaire. The results are compared using statistical evaluations. (4) Participants including major eligibility criteria: Dentists with at least 5 years working background are included in this study, and dentist with previous ergonomic trainings are excluded. (5) Intervention: Training of ergonomic principles (6) Main outcome measures (variables-related): musculoskeletal disorders in dentists with at least 5-years working background

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014051117649N1**
Registration date: **2014-11-18, 1393/08/27**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2014-11-18, 1393/08/27

Registrant information

Name

Safoura Ghodsi

Name of organization / entity

Tehran University of Medical Sciences, Dentistry School

Country

Iran (Islamic Republic of)

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+98 21 8835 1165

Email address

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences, Vice chancellor for research

Expected recruitment start date

2015-03-20, 1393/12/29

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial of evaluation the effect of ergonomic trainings in reducing the musculoskeletal disorders comparing to pre-training measurements in dentists with at least 5-years working background

Public title

Effect of the ergonomic trainings on reducing the musculoskeletal disorders

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria: Dentists with at least 5 years working

background Exclusion criteria: Dentists with previous ergonomic trainings

Age
From **25 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Tehran University of Medical Sciences

Street address
Ghods St., North Karegar Ave., Tehran University of Medical Sciences, Tehran, Iran.

City
Tehran

Postal code

Approval date
2014-07-11, 1393/04/20

Ethics committee reference number
93-01-69-24827-114959

Health conditions studied

1

Description of health condition studied
Musculoskeletal disorders

ICD-10 code
M60-M63

ICD-10 code description
Disorders of muscles

2

Description of health condition studied
Musculoskeletal disorders

ICD-10 code
M20-M25

ICD-10 code description
Other joint disorders

Primary outcomes

1

Description
Musculoskeletal disorders

Timepoint
Before intervention, and 1month after intervention

Method of measurement
Nordic questionnaire

Secondary outcomes

1

Description
Age

Timepoint
Before intervention

Method of measurement
Birth certificate evaluation

2

Description
Sex

Timepoint
Before intervention

Method of measurement
Birth certificate evaluation

3

Description
Working background (years)

Timepoint
Before intervention

Method of measurement
Job file

Intervention groups

1

Description
Training the dentist with 5 years or more working backgrounds about ergonomic principles

Category
Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran University of Medical Science, Dental school

Full name of responsible person

Street address

Dental school, North Karegar Ave., Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Science, Vice chancellor for research

Full name of responsible person

Masood Yunesian

Street address

Ghods St.، North Karegar Ave., Tehran University of Medical Sciences, Tehran, Iran.

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Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Science, Vice chancellor for research

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, Dental school

Full name of responsible person

Safoura Ghodsi

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Other areas of specialty/work

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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