Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of 8 weeks of corrective exercises in the treatment of musculoskeletal pain and assessment of moods of students aged 13-15 years in coronavirus epidemic

Protocol summary

Study aim
The effect of 8 weeks of corrective exercises in the treatment of musculoskeletal pain, evaluation of students' moods during the coronavirus epidemic

Design
The community of male and female students aged 13 to 15 years north and south of Bandar Mahshahr (400 people, 200 girls and 200 boys). From among the returned questionnaires, 30 healthy girls and 30 boys without musculoskeletal disorders and 30 girls and 30 boys with musculoskeletal disorders will be randomly selected and divided into experimental and control groups.

Settings and conduct
Subjects will complete the adolescent Nordic questionnaire, physical activity questionnaires, and Broms mood questionnaires before the test and send them to the researcher. The experimental group will perform corrective exercises. First, 5 minutes of warm-up exercises, 30 minutes of corrective exercises including neck mobility, neck stretching, neck strengthening, shoulder mobility, shoulder stretching, modified swimming, sit-ups, squats, quads, hip mobility, hamstring stretching and The plank will continue and end with a 5 minute cool down. The exercises will be performed at home and do not require special and expensive tools and will be done with the researcher's guidance and supervision and the program sent by him.

Participants/Inclusion and exclusion criteria
Students/with musculoskeletal pain according to the Nordic questionnaire in the last 7 days. Healthy people according to the Nordic questionnaire in the last 7 days.

Intervention groups
Experimental group: they will perform corrective exercises for stretching, strengthening, mobility, and central stability. The control group will perform their normal life without corrective exercises.

Main outcome variables
Improvement of students' musculoskeletal pain, improvement of students' musculoskeletal disorders, improvement of students' mood conditions

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220705055375N1**
Registration date: **2022-07-29, 1401/05/07**
Registration timing: **registered_while_recruiting**

Last update: **2022-07-29, 1401/05/07**
Update count: **0**

Registration date
2022-07-29, 1401/05/07

Registrant information

Name
farhad shourie

Name of organization / entity
The University of Sharekord

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-07-23, 1401/05/01

Expected recruitment end date
2022-08-23, 1401/06/01

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of 8 weeks of corrective exercises in the treatment of musculoskeletal pain and assessment of moods of students aged 13-15 years in coronavirus epidemic

Public title
The effect of 8 weeks of corrective exercises in the treatment of musculoskeletal pain and assessment of moods of students aged 13-15 years in coronavirus epidemic
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Having musculoskeletal pain based on the Nordic questionnaire in the last 7 days Healthy people based on the Nordic questionnaire in the last 7 days Age range 13-15 years
Exclusion criteria:
Physical problems caused by accidents and congenital problems such as knee braces, crossed knees, etc Respiratory problems including asthma
Age
From **13 years** old to **15 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **120**
Randomization (investigator's opinion)
Randomized
Randomization description
By simple random sampling individually with the help of the web program (randomizer.org), they are assigned to an intervention group and a control group with musculoskeletal disorders and a healthy control group. A member of the research team not involved in the selection of the samples will determine the random allocation sequence using the randomizer.org web application. Randomly sequenced opaque sealed envelopes will be used to conceal the allocation. Based on the size of the research sample, a number of envelopes are prepared and each of the randomly created sequences are recorded on a card and the cards are placed inside the envelopes in order to avoid the lack of clarity of the contents of the envelopes. In order to preserve the random sequence, the outer surface of the envelopes is numbered in the same order. Finally, the lid of the letter envelopes is glued and placed in a box in order. At the time of the registration of the participants, according to the order of entry of the eligible participants into the study, one of the letter envelopes is opened in order and the assigned group of that participant. It is revealed.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
In this study, people are examined before and after receiving corrective exercises

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee in Shahrekord University Research
Street address
Rahbar Boulevard - Shahrekord University
City
Sharekord
Province
Chahar-Mahal-va-Bakhtiari
Postal code
8818634141
Approval date
2022-05-31, 1401/03/10
Ethics committee reference number
IR.SKU.REC.1401.022

Health conditions studied

1

Description of health condition studied
Musculoskeletal pains and evaluation of students' moods
ICD-10 code
M95
ICD-10 code description
Other acquired deformities of musculoskeletal system and connective tissue

Primary outcomes

1

Description
The effect of 8 weeks of corrective exercises on students
Timepoint
Before starting the intervention after corrective exercises
Method of measurement
Nordic Adolescent Questionnaire - Broms Questionnaire - International Physical Activity Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention group will practice for 8 weeks and will do 3 practice sessions per week on Sunday, Tuesday and Thursday, and each practice session will be 40 minutes each day. Each training session starts with a 5-minute warm-up every day and 30 minutes of corrective exercises (interventions) including neck mobility exercises, shoulder flexion, hip mobility, back mobility, and shoulder, neck, hip, and back stretching exercises. Neck, shoulder, hip, and back strengthening exercises will continue and end with a 5-minute cool down.
Category
Treatment - Other

2

Description
Control group: Control group: The control group will continue their normal life for 8 weeks.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Mahshahr Port Education
Full name of responsible person
Farhad Shourie
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Shahid Taleghani St
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Shahrekord
Full name of responsible person
PHD. Ahmed Kiwani
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Shahrekord- Rahbar Boulvar
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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
The University of Shahrekord
Proportion provided by this source
5
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
The University of Shahrekord
Full name of responsible person
Farhad Shourie
Position
University Student
Latest degree
Bachelor
Other areas of specialty/work
Sports Pathology and Corrective Exercises
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Person responsible for scientific inquiries

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Position
Associate Professor

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Other areas of specialty/work
Sports Rehabilitation Doctor

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Position
University Student

Latest degree
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Sports pathology and corrective exercises

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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
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
With the permission of the tutor, all information can be shared after anonymization.

When the data will become available and for how long
Start the access period one year after printing the results

To whom data/document is available
Data will be available to academic and scientific researchers

Under which criteria data/document could be used
Any kind of functional analysis on the submitted data is allowed

From where data/document is obtainable
By f_shouri@stu.sku.ac.ir

What processes are involved for a request to access data/document
By f_shouri@stu.sku.ac.ir and mentioning the use of documents

Comments