

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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)

Phone

+98 61 5289 2600

Email address

f_shouri@stu.sku.ac.ir

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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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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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 updating data

Contact

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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