

# The effect of the self-management program based on the attitude-social effect-self-efficacy model on the work ability and quality of life of nurses of age 45 years and older

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| <b>Submission date</b><br>26/07/2018   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered<br><input type="checkbox"/> Protocol                       |
| <b>Registration date</b><br>30/10/2018 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input type="checkbox"/> Results                       |
| <b>Last Edited</b><br>10/10/2019       | <b>Condition category</b><br>Other                | <input type="checkbox"/> Individual participant data<br><input type="checkbox"/> Record updated in last year |

## Plain English summary of protocol

### Background and study aims

The aim of this study is to evaluate the effect of a self-management program on the work ability and quality of life of nurses aged 45 and over.

### Who can participate?

Nurses aged 45 and over

### What does the study involve?

Participants are randomly allocated to the intervention group or the control group. The intervention group participates in yoga exercise at the hospital on 2 days a week for 8 weeks, receives health education on communication, stress management and exercise for 4 weeks, and receives individual nutrition counselling. The control group do not receive the interventions. Work ability and quality of life are measured at the start of the study and 1 month and 3 months after the intervention.

### What are the possible benefits and risks of participating?

Participants may benefit from increased physical exercise, increased work ability, decreased stress, increased communication skills, improved nutrition, and increased quality of life.

### Where is the study run from?

Istanbul University (Turkey)

### When is the study starting and how long is it expected to run for?

February 2018 to October 2018

### Who is funding the study?

Istanbul University (Turkey)

Who is the main contact?  
Mr Gözde Yıldız Daş Geçim

## Contact information

### Type(s)

Public

### Contact name

Mr Gözde Yıldız Daş Geçim

### Contact details

Kazım Karabekir Mah. Adem Yavuz Cad. No: 62/6 Ümraniye  
İstanbul  
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34760

## Additional identifiers

### EudraCT/CTIS number

Nil known

### IRAS number

### ClinicalTrials.gov number

Nil known

### Secondary identifying numbers

06/09/2017-326091

## Study information

### Scientific Title

The effect of the self-management program based on the attitude-social effect-self-efficacy model on the work ability and quality of life of nurses of age 45 years and older

### Study objectives

Intervention group's quality of life is better than control group's

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Turkish Republic Istanbul University Cerrahpaşa Medical School, 06/09/2017, ref: 326091

### Study design

Randomised controlled trial

### Primary study design

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Hospital

**Study type(s)**

Quality of life

**Participant information sheet**

**Health condition(s) or problem(s) studied**

Quality of life

**Interventions**

Randomization was performed by the double-blind technique (30 for the intervention group and 30 for the control group).

Three interventions were applied to the intervention group:

1. Health education: about communication skills, physical exercise, coping with stress, healthy nutrition: 4 weeks
2. Yoga: 2 days a week for 8 weeks at the hospital
3. Individual nutrition consulting

At least, the experimental group will perform yoga with a DVD at home by themselves for 2 months.

The control group do not receive the interventions.

**Intervention Type**

Behavioural

**Primary outcome measure**

Measured at baseline and 1 month and 3 months post-intervention:

1. Work ability, measured using the Work Ability Index (WAI)
2. Quality of life, measured using the SF 12 quality of life scale

**Secondary outcome measures**

Measured at baseline and 1 month and 3 months post-intervention:

1. Self efficacy/self-sufficiency, measured using the Turkish form of the self-efficacy scale developed by Sherer et al. (1982)
2. Self-control/self-management, measured using the Self-Control and Self-Management Scale (SCMS)

**Overall study start date**

27/02/2017

**Completion date**

20/10/2018

# Eligibility

## Key inclusion criteria

Nurses aged 45 and older

## Participant type(s)

Health professional

## Age group

Adult

## Sex

Female

## Target number of participants

30 intervention group and 30 control group

## Key exclusion criteria

Does not meet inclusion criteria

## Date of first enrolment

03/10/2017

## Date of final enrolment

30/06/2018

# Locations

## Countries of recruitment

Türkiye

## Study participating centre

### Istanbul University

Koca Mustafa Paşa Mahallesi, Cerrahpaşa Caddesi No:53, 34096 Fatih/Istanbul

Istanbul

Türkiye

34104

# Sponsor information

## Organisation

Istanbul Üniversitesi

## Sponsor details

ÖYP (Faculty Membership Program Coordinator)  
Merkez Kampüsü 34452 Beyazıt Fatih/İstanbul  
İstanbul  
Türkiye  
34104  
+90 (0)212440000  
oyp@istanbul.edu.tr

**Sponsor type**

University/education

**ROR**

<https://ror.org/03a5qrr21>

## **Funder(s)**

**Funder type**

University/education

**Funder Name**

İstanbul Üniversitesi

**Alternative Name(s)**

İstanbul University

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

Türkiye

## **Results and Publications**

**Publication and dissemination plan**

Publication in a high-impact peer reviewed journal.

**Intention to publish date**

20/10/2020

**Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study will be stored in a non-publicly available repository.

**IPD sharing plan summary**  
Stored in repository