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Low back pain education and quality of life: a randomized trial

Submission date
20/06/2006

Recruitment status
No longer recruiting

Registration date
26/07/2006

Overall study status
Completed

Last Edited
05/03/2007

Condition category
Musculoskeletal Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title

Study objectives
Low back education programme could improve quality of life in patients with low back pain.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from Tehran University of Medical Sciences Ethics Committee in March 2003.

Study design
Randomized trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Low back pain

Interventions
Back School Programme: the back school programme is a four-day, five-session, multidimensional and interdisciplinary educational regime designed to assess each patients physical condition, personal characteristics, lifestyle and subsequent ability to cope.
Group 1: patients received medication and education with the back school programme.
Group 2: patients received the medication alone.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
The principal outcome measure was quality of life. The mean increase in quality of life score above the baseline was used as the main outcome measure of the patients responses to the intervention.

Key secondary outcome(s))
Not provided at time of registration

Completion date
30/09/2003

Eligibility

Key inclusion criteria
1. Women age 18 years and over
2. Suffering from chronic back pain (persisting for 90 days or more)
3. Having a telephone number for regular contact with a responsible caregiver

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Female

Key exclusion criteria
1. Patients who had back surgery two years prior to the initial observation
2. If the complaint was restricted to the sacroiliac joint or the cervical or thoracic regions
3. Patients with congenital spine disease
4. Patients with a low back complaint that had persisted less than 90 days

Date of first enrolment
01/07/2003

Date of final enrolment
30/09/2003

Locations

Countries of recruitment
Iran

Study participating centre
P.O. Box 13185-1488
Tehran
Iran
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Sponsor information

Organisation
Iranian Institute for Health Sciences Research (Iran)

ROR
https://ror.org/00yesn553

Funder(s)

Funder type
Research organisation

Funder Name
Iranian Institute for Health Sciences Research (Iran)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	Results	28/02/2007		Yes	No