

# 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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		<input type="checkbox"/> Protocol
<b>Registration date</b> 30/10/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 10/10/2019	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data
		<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**  
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Istanbul  
Türkiye  
34760

## Additional identifiers

**Protocol serial number**  
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

**Study type(s)**  
Quality of life

**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(s)**

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

## **Key secondary outcome(s)**

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)

## **Completion date**

20/10/2018

## **Eligibility**

### **Key inclusion criteria**

Nurses aged 45 and older

### **Participant type(s)**

Health professional

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Sex**

Female

### **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

**ROR**

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

## **Funder(s)**

**Funder type**

University/education

**Funder Name**

Istanbul Üniversitesi

**Alternative Name(s)**

Istanbul University

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

Türkiye

**Results and Publications****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