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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

Submission date 26/07/2018	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol
Registration date 30/10/2018	**Overall study status** Completed	[_] Statistical analysis plan [_] Results
Last Edited 10/10/2019	**Condition category** Other	[_] Individual participant data [_] 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 Yildiz Daş Geçim

Contact information

Type(s)
Public

Contact name
Mr Gözde Yildiz Daş Geçim

Contact details
Kazim Karabekir Mah. Adem Yavuz Cad. No: 62/6 Ümraniye
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

Primary study design
Interventional

Study design
Randomised controlled trial

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-publically available repository.

IPD sharing plan summary
Stored in repository