

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

Submission date 20/06/2006	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 26/07/2006	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 05/03/2007	Condition category Musculoskeletal Diseases	☐ 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

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.

Primary study design

Interventional

Study design

Randomized trial

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