



Enhancing nurses' well-being: the effect of ergonomic interventions on work-related musculoskeletal disorders

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Table 5. Comparison of the scores of risk assessment derived from P-ESPT ($n = 218$).

Group	Control ($n = 40$)			Intervention 1 ($n = 87$)			Intervention 2 ($n = 48$)			Intervention 3 ($n = 43$)		
	Pre	Post	p^a	Pre	Post	p^a	Pre	Post	p^a	Pre	Post	p^a
Risk score												
25.70 ± 3.28	25.53 ± 3.53	0.255	27.26 ± 5.73	26.00 ± 5.69	< 0.001	25.21 ± 6.33	22.67 ± 6.07	< 0.001	25.26 ± 6.66	23.12 ± 5.94	< 0.001	< 0.001

^aStatistical significance of observed differences using the paired-samples t test.

^bStatistical significance of observed differences using repeated-measures analysis of variance (ANOVA).

Note: Data presented as mean ± standard deviation. n = number of participants; P-ESPT = Persian version of the ergonomics screening and prioritizing tool. Control group, no intervention; intervention group 1, training on physical ergonomics principles; intervention group 2, engineering interventions (layout changes and ergonomic equipment adjustments); intervention group 3, training on physical ergonomics principles + engineering interventions (layout changes and ergonomic equipment adjustments).

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Data availability statement

The authors are unable to share data publicly because of ethical and legal restrictions. The datasets used and/or analyzed during the current study are available from the corresponding author on reasonable request.

Supplementary data

Supplemental data for this article can be accessed online at <https://doi.org/10.1080/10803548.2025.2515738>.

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