**A B S T R A C T**

**Aims:** Low Back Pain (LBP) is one of the most prevalent and costly health problems worldwide. This protocol study aims to develop and evaluate an interactive video film intervention in order to reduce LBP.

**Instruments & Methods:** In this randomized controlled trial study, 80 referees to health centers affiliated to Shahid Beheshti University of Medical Sciences (SHBUMS) will be selected according to inclusion/exclusion criteria and divided into two groups of intervention and control. The video film will be just shown for intervention group. Data will be collected through a self-designed questionnaire regarding Physical Activity (PA) behavior, Visual Analogue Scale (VAS) for measuring pain severity, Rowland Maurice's Questionnaire (RMQ) for assessing disability and Hospital Anxiety and Depression Inventory (HADS) for anxiety and depression measurement. Data will be measured at two times of pre and post intervention in both groups and analyzed through descriptive and statistical tests.

**Conclusions:** The study may provide a fairly less expensive, assessable, and powerful alternative intervention for individuals suffering from LBP and related disability.

**Keywords:** Video Film Intervention, Low Back Pain, Protocol Study

**Introduction**

Low Back Pain (LBP) is one of the most prevalent health problems worldwide. It has been revealed that LBP could be leading to less bio psycho social health status of the suffered individuals[1-2]. Globally, it has been estimated that more than 84% of the general population reported LBP in some points of their life. Regular Physical Activity (PA) benefits improvement in universal health status and is associated with lower risk of all morbidities especially Musculoskeletal Diseases[2] (MSD). The studies revealed the relationships between PA and improving disability in LBP suffered individuals[2]. Furthermore, the previous studies revealed the relationships between Physical Activity (PA) and improving disability in LBP patients[3-4]. It has been discussed that individuals with lower PA have significantly more negative beliefs regarding this behavior[5]. Cognitive Behavioral Therapy (CBT) is a kind of approaches to handle negative beliefs affecting - emotionally and functionally - on pain severity[6]. Positive thoughts can help the LBP patients to manage their negative beliefs and reduce their pain[7]. Descriptive norms, intention, and use of behavior change techniques play a key role to change the unhealthy behaviours. Thus, one of the major theories in this field is the Theory of Reasoned Action (TRA)[8]. This theory postulates that intention is a key predictor of behavior and that intentions are a function of attitudes, perceived behavioral control and perceived norms[8]. Patients should understand the skills and perform them. This study
aims to develop and evaluate an interactive video film intervention in order to reduce pain and disability among individuals suffering from LBP.

**Instruments and Methods**

This study will be done on a sample of individuals suffering from LBP and referred to health centers affiliated to (SHBUMS). In this study the individuals will enter into the study if they suffer from LBP for at least 12 weeks and be satisfied to be studied. However, if someone suffer from any sever disability or psychological disorders or any abnormalities in his/her spine will be excluded from the study.

The intervention group will receive video film intervention in which the health education specialist will try to remove negative thoughts/beliefs regarding PA and substitute these beliefs with positive/healthy normative beliefs. Furthermore, he will discuss with the participants about the benefits of PA behavior.

**Table 1: The study overview**

<table>
<thead>
<tr>
<th>Phases</th>
<th>Aim</th>
<th>Methods</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st session</td>
<td>Step 1: Improving negative beliefs of participants regarding physical activity (45 minutes)</td>
<td>By video film intervention</td>
<td>Participation who suffering from low back pain and be referred to health centers</td>
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<tr>
<td>2nd session</td>
<td>Step 2: Showing preventive behaviors such as proper postures and exercise for improvement of Low Back Pain (45 minutes)</td>
<td>By video film intervention</td>
<td>Participation who suffering from low back pain and be referred to health centers</td>
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**Figure 1:** Flow diagram of the study sampling
Conclusion
The study may provide a fairly less expensive, assessable, and powerful alternative intervention for individuals suffering from LBP and related disability.

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Conflict of Interests
There is no conflict of interests.

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None declared.

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The research center of health faculty affiliated to SHBUNS approved this study.

Authors ’ contribution
MHD will perform the study and will collect the data. He will also analyse the data. MHD and FP will supervise implementation of whole study.

References
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