

Study Protocol Cover Page

Document Title: Study Protocol

Study Official Title: Investigation of the Effects of Postural Exercises and Taping in Office Workers with Chronic Neck Pain

NCT Number:

Date of Document: 15 March 2026

Sponsor / Institution: Istanbul Rumeli University

Confidentiality Statement: This document contains confidential information. Participants' names or personal identifiers are not included.

Brief Description: This study protocol describes a randomized, parallel-group study conducted in office workers with chronic neck pain. The study compares three groups: a control group, a postural exercise group and a postural exercise combined with taping group. The protocol includes the study objectives, eligibility criteria, interventions, outcome measures and the assessment schedule. Pain intensity will be evaluated using the Visual Analog Scale (VAS). Functional disability will be assessed with the Neck Disability Index (NDI) and quality of life will be measured using the Short Form-36 (SF-36). In addition, balance, cervical deep flexor muscle endurance and depressive symptoms (Beck Depression Inventory) will also be evaluated.

Statistical Cover Page

Document Title: Statistical Analysis Plan

Study Official Title: Investigation of the Effects of Postural Exercises and Taping in Office Workers with Chronic Neck Pain

NCT Number:

Date of Document: 15 March 2026

Sponsor / Institution: Istanbul Rumeli University

Confidentiality Statement: This document contains confidential information. Participants' names or personal identifiers are not included.

Brief Description: The Statistical Analysis Plan describes the methods that will be used to analyze the outcomes of this study conducted in office workers with chronic neck pain. The study includes three groups: a control group, a postural exercise group and a postural exercise combined with taping group. Outcome measures include pain intensity assessed using the Visual Analog Scale (VAS), functional disability evaluated with the Neck Disability Index (NDI), quality of life measured using the Short Form-36 (SF-36), balance assessment, cervical deep flexor muscle endurance and depressive symptoms evaluated with the Beck Depression Inventory. The normality of data distribution will be examined using the Shapiro–Wilk test. Within-group comparisons between pre- and post-intervention measurements will be performed using the paired sample t-test. Differences between the groups will be analyzed using one-way analysis of variance (ANOVA). A p-value of less than 0.05 ($p < 0.05$) will be considered statistically significant.