

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Comparison of hand and foot massage on anxiety and physiological indicators before surgery.

Protocol summary

Summary

The aim of this study is to compare the effect of hand and foot massage on anxiety and physiological indicators in cataract surgery. 90 patients who have been cataract surgery were studied. Patients were assigned randomly to three groups: experimental group1 (hands massage before surgery, n= 30 patients) and experimental group 2(Foot massage before surgery, n= 30 patients) and control group (no massage, n=30 patients). Anxiety level by VAS and physiological indicators (pulse, systolic &diastolic blood pressure are measured in three group in the morning of the surgery at first And after the experimental group received the hand or Foot massage (10 minutes later). Patients In the intervention groups Received massage of hand or Foot for 5 minutes before surgery. Researchers' trained by Friction and petrissage , Kneading method performed all the massages. . No intervening has been happened in control group. Data was analyzed by spss software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014080910713N4**

Registration date: **2014-12-31, 1393/10/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-12-31, 1393/10/10

Registrant information

Name

Moloud Farmahani Farahani

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 1417 3524

Email address

farahani91@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2013-09-22, 1392/06/31

Expected recruitment end date

2013-12-21, 1392/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of hand and foot massage on anxiety and physiological indicators before surgery.

Public title

Comparison of hand and foot massage on anxiety and physiological indicators before surgery.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: famininity;not having a vision problem that prevents the selection of the correct position on the measure of anxiety; lack of using sedative drugs night before surgery; lack of known mental illness, ; lack of similar massage therapy courses; lack of hands and feet problrms, ; persian language understanding Exclusion Criteria:lesion or rash on the hands or feet; severe hearing loss; dissatisfaction to continue to participate in the study

Age

From **55 years** old to **80 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

Postal code

Approval date

2013-10-07, 1392/07/15

Ethics committee reference number

8-152-92

Health conditions studied

1

Description of health condition studied

anxiety

ICD-10 code

Z00.4

ICD-10 code description

General psychiatric examination, not elsewhere classified

Primary outcomes

1

Description

anxiety

Timepoint

Baseline, ten minute after the intervention

Method of measurement

visual analog scale (VAS 0-10)

2

Description

physiological indicators

Timepoint

Baseline, ten minute after the intervention

Method of measurement

blood pressure and pulse

Secondary outcomes

empty

Intervention groups

1

Description

Patients In the intervention groups1 : received hand massage for 5 minutes before surgery. Researchers trained by Friction and petrissage ,Kneading method performed all the massages

Category

Other

2

Description

Patients In the intervention group 2: received Foot massage for 5 minutes before surgery. Researchers trained by Friction and petrissage , Kneading method performed all the massages

Category

Other

3

Description

in control group did not receive any massage .

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak University of Medical Sciences

Full name of responsible person

Molud Farmahini Farahani

Street address

Arak University of Medical Sciences, Arak, Iran

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr. Ali Asghar Yaghoubi

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Arak University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact**Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

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Position

MSc Nursing

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty