Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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 petrisage , 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 Siences

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 Siences

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 Siences
Street address
Arak Univercity of Medical Siences, 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
ZOO.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 pressur and puls

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 petrisage ,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 petrisage , 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 Siences
Full name of responsible person
Molud Farmahini Farahani
Street address
Arak Univercity of Medical Siences, Arak, Iran
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Siences
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 Siences
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 Siences
Full name of responsible person
Molud Farmahini Farahani
Position
MSc Nursing
Other areas of specialty/work
Street address
Arak university of Medical Siences, Arak, Iran
City
Arak
Postal code
Phone
+98 34173524
Fax
Email
farahani91@arakmu.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Arak university of Medical Siences
Full name of responsible person
Molud Farmahini Farahani
Position
MSc Nursing Education
Other areas of specialty/work
Street address
Arak University of Medical Sciences, Arak , Iran
City
Arak
Postal code
Phone
+98 34173524
Fax
Email
farahani91@arakmu.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Arak University of Medical Siences
Full name of responsible person
Moloud Farmahani Farahani
Position
MSc Nursing Education
Other areas of specialty/work
Street address
Arak University of Medical Sciences, Arak , Iran
City
Arak
Postal code
Phone
00
Fax
Email
Web page address

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