

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

The comparison between the effect of two reflexology massage methods of metatarsus and ankle on state-trait anxiety after coronary artery bypass graft

Protocol summary

Summary

The aim of this three group clinical trial is to investigate the comparison of the effect of foot reflexology on state-trait anxiety patients. 132 patients will be recruited in the three study groups: metatarsus reflexology massage, ankle reflexology massage and control group. Massage is done in the third and fourth days in women and men ward surgery in 8-9 am. Spielberger standard questionnaire is given to patients pre and post intervention and we ask the patients that to fill them. Duration of massage is 10 minutes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012100310996N1**
Registration date: **2012-11-04, 1391/08/14**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-11-04, 1391/08/14

Registrant information

Name

Mahnaz Ahmadi

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 83 1430 4113

Email address

mahnaz.ahmadi@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences

Expected recruitment start date

2012-10-02, 1391/07/11

Expected recruitment end date

2012-12-01, 1391/09/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison between the effect of two reflexology massage methods of metatarsus and ankle on state-trait anxiety after coronary artery bypass graft

Public title

The effect of foot reflexology massage on patients anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age range between 26 to 65 years; having at least primary education; graft is removed from the patients left foot; health in the legs, especially the palm and thumb of right foot and patients not taking the drug. Exclusion criteria: condition of hemodynamic is unstable; transfer of patient to intensive care unit and cardiopulmonary resuscitation of the patient.

Age

From **26 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 132

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

Kermanshah University of Medical Sciences Ethics Committee

Street address

No.2 building, Kermanshah University of Medical Sciences, next to Sepah square, Shahid Beheshti boulevard

City

Kermanshah

Postal code

67144-73159

Approval date

2012-09-11, 1391/06/21

Ethics committee reference number

/420/7/پ

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F50-59

ICD-10 code description

Behavioural syndromes associated with physiological disturbances and physical factors

Primary outcomes

1

Description

Anxiety

Timepoint

Third and fourth days after Coronary artery bypass

surgery

Method of measurement

Spielberger standard questionnaire

Secondary outcomes

1

Description

state-trait anxiety

Timepoint

on the third and fourth days after cabg surgery

Method of measurement

spielberger standard questionnaire

Intervention groups

1

Description

Matatarsus foot reflexology massage is done in the intervention group on third and fourth days after CABG. Duration of massage is ten minutes.

Category

Other

2

Description

In the control group, no intervention will be done.

Category

N/A

3

Description

Ankle foot reflexology massage is done in the placebo on the third and fourth days after CABG. Duration of massage is ten minutes

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Ali hospital

Full name of responsible person

Ali Akbar Visi Raygan

Street address

Emam ali hospital, next of sepah squqre, Shahid Beheshti boulevard

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Farid Najafi

Street address

No.2 building, Kermanshah University of Medical Sciences, next to Sepah square, Shahid Beheshti boulevard

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Kermanshah

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

Yes

Title of funding source

Kermanshah 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**

Kermanshah University of Medical Sciences

Full name of responsible person

ali akbar visi raygan

Position

MSC

Other areas of specialty/work**Street address**

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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