

# 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

**City**

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**

School of Nursing and Midwifery, Next to Ashayer square, Dolat Abad

**City**

kermanshah

**Postal code**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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Kermanshah University of Medical Sciences

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Ali Akbar Visi Raygan

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MSc

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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*