

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of foot reflexology on anxiety and physiological parameters of patients undergoing coronary angiography

Protocol summary

Summary

This study is a clinical trial to determine The Effect of foot reflexology on anxiety and physiological parameters of Hospitalized patients undergoing coronary angiography in Dr.Heshmat educational-therapeutic and research center, rasht ., Inclusion criteria included: Age of 75 -18 years, Heart rate above the 60 beats per minute and systolic blood pressure above the 90 mm Hg, Temperature of 36.5 ° -37.5 ° C, Not arrhythmia, , Absence of history of coronary angiography and Using reflexology, relaxation and Psychotherapy episodes. Study exclusion criteria included: Patient's dissatisfaction to participate in research,Cardiopulmonary resuscitation . Cancellation angiography during the study.Creates any problem during the study. The sample of study included 162 patients and satisfied to participate in the study. The sample are selected with random sampling and using the method of putting the Random blocks in two groups (81 people), reflexology and a control group (usual care) . Anxiety and physiologic parameters(systolic and diastolic blood pressure , pulse rate, respiratory rate, temperature) Questionnaire is measured by collaborator 10 minutes before the start of the intervention. In reflexology group, massage is done by researcher (and man collaborator for male patients) for 20 minutes. The sequence are used of relaxation and specific areas of the heart. Stages of massage include: - Rhythmic ankle rotation, Wringing the foot, massage of solar plexus, pituitary, and heart. Anxiety and physiologic parameters Questionnaire is recorded and assessed by collaborator ,Immediately and half an hour after the procedure again. In the control group intervention will not occur, except routine care and vital signs measurement . Anxiety and physiologic parameters Questionnaire recorded by collaborator and with presence of researcher at intervals corresponding test groups .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014102711538N2**

Registration date: **2015-01-08, 1393/10/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-01-08, 1393/10/18

Registrant information

Name

Farideh Hasavari

Name of organization / entity

Guilan University of Medical Sciences(Nursing & Midwifery Faculty)

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Deputy of Research and Technology, Guilan University of Medical Sciences

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-07-21, 1394/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty	Namjoo Street, Guilan University of Medical Science
Scientific title	City
The Effect of foot reflexology on anxiety and physiological parameters of patients undergoing coronary angiography	rasht
Public title	Postal code
The Effect of foot reflexology on anxiety and physiological parameters	41938-33697
Purpose	Approval date
Supportive	2014-11-25, 1393/09/04
Inclusion/Exclusion criteria	Ethics committee reference number
Inclusion criteria: Age of 18 -75 years; Full awareness and ability to communicate; Without history of coronary angiography and Using reflexology; Absence of relaxation and Psychotherapy episodes; Absence of effective psychiatric medication according of the patient statements and material in file; Heart rate above the 60 beats per minute ; systolic blood pressure above the 90 mm Hg; Temperature of 36.5 ° -37.5 ° C; Not arrhythmia ; Absence of addiction to drugs and alcohol according to file; Absence employment in medical treatment; Absence of fractures; wounds and skin problems in the areas of massage. exclusion criteria: Patient's dissatisfaction to participate in research;Cardiopulmonary resuscitation ; Cancellation angiography during the study;Creates Chest pain and dyspnoea	2930400409
Age	Health conditions studied
From 18 years old to 75 years old	<u>1</u>
Gender	Description of health condition studied
Both	anxiety ,physiological parameters
Phase	ICD-10 code
N/A	f50-f59,R0
Groups that have been masked	ICD-10 code description
No information	Symptoms and signs involving the circulatory and respiratory systems,Behavioural syndromes associated with physiological disturbances and physical factors
Sample size	Primary outcomes
Target sample size: 162	<u>1</u>
Randomization (investigator's opinion)	Description
Randomized	anxiety and- physiological parameters
Randomization description	Timepoint
Blinding (investigator's opinion)	10 minutes before of the intervention-Immediately -half an hour after the procedure
Not blinded	Method of measurement
Blinding description	Hospital Anxiety Questionnaire-Measure blood pressure in millimeters of o mercury by using mercury manometers-Temperature in degrees Celsius by using mercury thermometer-Pulse and respiratory rate counting is based on the number of minutes in one minute using an analog clock complete
Placebo	Secondary outcomes
Not used	empty
Assignment	Intervention groups
Parallel	<u>1</u>
Other design features	Description
Secondary Ids	In reflexology group, massage is done by researcher and man collaborator(for male patients))for 20 minutes(10 minutes per foot). The sequence are used of relaxation and specific areas of the heart. Stages of relaxation include: Rhythmic ankle rotation(ankle rotation 4 time in the right and 4 times to the left to form the circle)and Wringing the foot(researcher thumbs are placed on the patient's abdominal area,then wringing the toe to the ankle,this work will be done 3 times) . After relaxation are used to stimulate the three areas of reflecting the solar plexus,heart,pituitary.the downward pressure are applied with the thumb in the heart,pituitary,solar plexus. then circular massage are applied the same
empty	
Ethics committees	
<u>1</u>	
Ethics committee	
Name of ethics committee	
guilan university of medical science	
Street address	

points. Anxiety and physiologic parameters
Questionnaire is recorded and assessed by collaborator
,Immediately and half an hour after the procedure again.

Category

Treatment - Other

2

Description

In the control group intervention will not occur, except routine care and vital signs measurement . Anxiety and physiologic parameters Questionnaire recorded by collaborator and with presence of researcher at intervals corresponding reflexology group.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Heshmat training center

Full name of responsible person

farideh hasavari

Street address

Toshiba-intersection Heshmt- Heshmat Hospital

City

rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

guilan university of medical sciences

Full name of responsible person

Doctor Abtin Heidarzadeh

Street address

namjoo street-guilan university of medical science

City

rasht

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

guilan 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

guilan university of medical science

Full name of responsible person

maria khorsand fard

Position

ms of Medical Surgical student(msc)

Other areas of specialty/work

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nursing of midwifery faculty,daneshjoo street,shahid beheshti ring way,rasht

City

rasht

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

farideh hasavari

Position

ms of Medical Surgical

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Web page 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