

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

Comparison of the effect of Massage therapy and Reflexology on primary dysmenorrhoea

Protocol summary

Summary

The aim of this randomized control trial is comparison of the effect of massage therapy and reflexology on primary dysmenorrhea in students of dormitories Shiraz University. 96 females with primary dysmenorrhea will be selected and will be randomly put in three groups; massage therapy, reflexology and control. Inclusion criteria: female student with intensity of pain 5 or more by Visual Analogue Scale (VAS), any systemic or reproductive organ disease; exclusion criteria: use of analgesic drug during study, allergy to lavender oil. Massage therapy group after the start of dysmenorrhea will receive 30 minute massage of the upper symphysis pubis and upper umbilicus. Pain will be measured before and after massage with Visual Analogue Scale (VAS), and anxiety will be measured at 24 hours after massage. Reflexology group, will receive foot reflexology for 20 minutes on each leg (total 40 minutes) once a day, 10 days prior to the time period, and be continued until the period (total 10 days). In control group will not be any intervention. Pain in control and reflexology group will be measured in first and second day start of dysmenorrhea before and after 30 minute. Anxiety levels will be measured 24 hours after pain on second day.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013022611945N2**
Registration date: **2013-03-13, 1391/12/23**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-03-13, 1391/12/23

Registrant information

Name

Hajar Rajaei bakhshayesh

Name of organization / entity

Fatemeh college of nursing and midwifery, Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1212 2633

Email address

rajaei_h@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy for research of Shiraz University of Medical Sciences

Expected recruitment start date

2013-01-20, 1391/11/01

Expected recruitment end date

2013-05-22, 1392/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Massage therapy and Reflexology on primary dysmenorrhoea

Public title

Comparison of the effect of Massage therapy and Reflexology on primary dysmenorrhea

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: female student with intensity of pain 5 or more by Visual Analogue Scale (VAS); any systemic or

reproductive organ disease; exclusion criteria: use of analgesic drug during study; allergy to lavender oil

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 96

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

Medical Research Ethics Committee of Shiraz
University of Medical Sciences

Street address

Deputy for Research, seventh Floor, the central
structure of Shiraz University of Medical Sciences,
next to the Red Crescent, Zand Avenue

City

Shiraz

Postal code

Approval date

2013-02-17, 1391/11/29

Ethics committee reference number

CT-91-6439

Health conditions studied

1

Description of health condition studied

Primary dysmenorrhoea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhoea

Primary outcomes

1

Description

Pain duration and severity

Timepoint

First, second and third months

Method of measurement

visual analogue scale

Secondary outcomes

1

Description

anxiety

Timepoint

First, second and third months

Method of measurement

Spilberger Questionnaire

Intervention groups

1

Description

Massage therapy group after the start of dysmenorrhea will receive 30 minute massage of the upper symphysis pubis and upper umbilicus. Pain will be measured before and after massage with Visual Analogue Scale (VAS), and anxiety will be measured at 24 hours after massage.

Category

Other

2

Description

reflexology group, will receive foot reflexology for 20 minutes on each leg (total 40 minutes) once a day, 10 days prior to the time period, and be continued until the period (total 10 days).

Category

Other

3

Description

Control group with no intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Eram Dormitories, Shiraz University

Full name of responsible person

Leyla Hatamy

Street address

Eram Square
City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr Gholam Reza Hatam

Street address

Shiraz University of Medical Sciences, Zand Ave

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Fatemeh (PBUH) College of Nursing and Midwifery,
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Full name of responsible person

Sara Azima

Position

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Other areas of specialty/work

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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