

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The Effect of reflexologies path way on anxiety of midwifery & nursing's girl students

Protocol summary

Summary

The purpose of this study is to determine the Effect of reflexologies path way on anxiety of midwifery & nursing's girl students. Inclusion criteria): a desire to participate in the study; students in the clinical course of Midwifery and Nursing; having healthy legs; not taking psychiatric drugs in a month ago; the lack of physical or mental diseases. Exclusion criteria: unwillingness to continue the study for any reason; pregnancy. In this randomized clinical trial, without blinding, will be done on 114 nursing and midwifery students of Tehran University of Medical Sciences,. The participants will be allocated into three groups (Intervention, placebo & control) using randomized sampling method. Intervention and placebo groups will walk for 20 minutes, (intervention group on reflexologies path way) and (placebo on flat ground), in both groups will perform on three consecutive days. The control group will not be performed. For assessment of anxiety Spielberger State-Trait Anxiety questionnaire will completed at baseline and 24 hours after the intervention, by the participants. The outcomes will State-Trait Anxiety.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017060612440N5**

Registration date: **2017-06-19, 1396/03/29**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-06-19, 1396/03/29

Registrant information

Name

Ziba Taghizade

Name of organization / entity

Tehran University of Medical Sciences school of nursing and midwifery

Country

Iran (Islamic Republic of)

Phone

+98 21 8824 4694

Email address

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Recruitment status

Recruitment complete

Funding source

Adak Tejarat Asia company

Expected recruitment start date

2017-06-22, 1396/04/01

Expected recruitment end date

2017-10-22, 1396/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of reflexologies path way on anxiety of midwifery & nursing's girl students

Public title

The Effect of reflexologies path way on anxiety

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: a desire to participate in the study; students in the clinical course of Midwifery and Nursing; having healthy legs; not taking psychiatric drugs in a month ago; the lack of physical or mental diseases. Exclusion criteria: unwillingness to continue the study for any reason; pregnancy.

Age

From **18 years** old to **28 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **114**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tehran University of Medical Sciences

Street address

Tehran University of Medical Sciences, Keshvarz Blvd.

City

Tehran

Postal code

1419733141

Approval date

2017-02-07, 1395/11/19

Ethics committee reference number

IR.TUMS.VCR.REC.1395.1661

Health conditions studied**1****Description of health condition studied**

anxiety

ICD-10 code

f41

ICD-10 code description

Other anxiety disorders

Primary outcomes**1****Description**

state anxiety

Timepoint

baseline and , 24 hours after the intervention

Method of measurement

Spielberger State-Trait Anxiety questionnaire

2**Description**

Trait anxiety

Timepoint

at baseline and , 24 hours after the intervention

Method of measurement

Spielberger State-Trait Anxiety questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

The participants will be allocated into three groups (Intervention, placebo & control) using randomized sampling method. Intervention and placebo groups will walk for 20 minutes, (intervention group on reflexologies path way) and (placebo on flat ground), in both groups will perform on three consecutive days. The control group will not be performed. For assessment of anxiety Spielberger State-Trait Anxiety questionnaire will completed at baseline and 24 hours after the intervention, by the participants

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

School of Nursing and Midwifery

Full name of responsible person

Leila Zakeri Rad

Street address

Nosrat St., Tohid Sq., 1419733171

City

Tehran

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Adak Tejarat Asia company

Full name of responsible person

Javad Mazloumian

Street address

East Lale Street, banafshe alley, Number 52.

City

Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Adak Tejarat Asia company
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
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Person responsible for updating data

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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