Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

taghizad@tums.ac.ir

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

Medical Sciences/ University of Tehran (TUMS)

Full name of responsible person

Leila Zakeri Rad

Position

master student

Other areas of specialty/work

Street address

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tumspr@tums.ac.ir

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Medical Sciences/ University of Tehran (TUMS)

Full name of responsible person

Ziba Taghizade

Position

PhD in Reproductive Health

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Medical Sciences/ University of Tehran(TUMS)

Full name of responsible person

Leila Zakeri Rad

Position

master student

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