

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

The effect of four sessions therapeutic touch on decreasing the outpatients anxiety with irritable bowel syndrome

Protocol summary

Summary

The aim of this research was to study the effect of therapeutic touch on state and trait anxiety in patients with irritable bowel syndrome. Inclusion criteria: having at least five year literacy; diagnosed with irritable bowel syndrome; lack of physical or psychological disorder; obtain a minimum score of 32 on the Spielberger anxiety inventory. Exclusion criteria: major change in diet or lifestyle of patient; absence in therapeutic touch session. Intervention group, 4 times (once a week for 26 minutes) were receiving therapeutic touch. The research sample was 24 patients with irritable bowel syndrome that randomly were assigned in intervention and control groups. The primary outcome variables: state anxiety and trait anxiety.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013042913168N1**

Registration date: **2013-06-03, 1392/03/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-06-03, 1392/03/13

Registrant information

Name

Mehdi Taheri

Name of organization / entity

Kharazmi University

Country

Iran (Islamic Republic of)

Phone

+98 21 8832 9220

Email address

taheri.20000@yahoo.com

Recruitment status

Recruitment complete

Funding source

Kharazmi University

Expected recruitment start date

2010-04-04, 1389/01/15

Expected recruitment end date

2010-04-18, 1389/01/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of four sessions therapeutic touch on decreasing the outpatients anxiety with irritable bowel syndrome

Public title

The effect of therapeutic touch on patients anxiety with irritable bowel syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Having at least five year literacy; Diagnosed with irritable bowel syndrome; Lack of physical or psychological disorder; Obtain a minimum score of 32 on the Spielberger anxiety inventory
Exclusion criteria: Major change in diet or lifestyle of patient; Absence in therapeutic touch session

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

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

Kharazmi University

Street address

No.43, Mofateh Ave.

City

Tehran

Postal code

1571914911

Approval date

2010-02-09, 1388/11/20

Ethics committee reference number

1414731-00

Health conditions studied

1

Description of health condition studied

Irritable bowel syndrome

ICD-10 code

K 58

ICD-10 code description

Irritable bowel syndrome

Primary outcomes

1

Description

State anxiety

Timepoint

Before and after of the intervention

Method of measurement

Spielberger state anxiety inventory

2

Description

Trait anxiety

Timepoint

Before and after of the intervention

Method of measurement

Spielberger trait anxiety inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group, 4 times (once a week for 26 minutes) were receiving therapeutic touch.

Category

Treatment - Other

2

Description

No intervention

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic

Full name of responsible person

Dr. Molavi

Street address

No. 68, Green Doctors Building, Taleghani Crossroad

City

Karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kharazmi University

Full name of responsible person

Mehdi Taheri

Street address

No.43, Mofateh Ave.

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source
Kharazmi University
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
Kharazmi University
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Master of Psychology
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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