# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

09 Nov 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 syndrom that randomaly were assigned in intervention and control groups. The primary outcome variables: state anexiety and trait anexiety.

## 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**
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## Person responsible for scientific inquiries

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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*