

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jun 2026

Comparison of foot reflexology and acupressure on soles and anxiety in patients with angiographic candidates

Protocol summary

Summary

The aim of this study was to compare the effects of posted shortly feet reflexology massage and acupressure on anxiety patients undergoing coronary angio-graphy. In this randomized clinical trial, the three groups that were on the 105 selected and randomly divided into experimental and control groups. The study will be conducted on male and female patients candidates angiography in patients admitted to hospital Asr Birjand University of Medical Sciences in 2013. Inclusion criteria: patients' willingness to participate in the study underwent angiography to be the first history of anxiety or mental illness, platelet count, bleeding disorders, and no more than 75 thousand Exclusion criteria included: wound or Massage in a position of active infection, or sedative anxiolytic drugs in the 48 hours prior to the massage, reflexology massage experience in the last three months, or severe chronic illness, mental disorder or anxiety in early pregnancy. After the massage, reflexology and acupressure, Chinese medicine specialist and confirmed by sampling begins after explaining the objectives of the study and obtaining informed consent from patients in different groups of patients to the treatment of women by male and female researchers by researchers man addition, a standard situational anxiety score pre-intervention questionnaire Burger anxiety intervention is measured. After twenty minutes of massage reflexology massage. Half an hour later they returned immediately and anxiety scores measured in the control group without any intervention. Acupressure Acupressure in ten minutes in the third eye point and a half hours away and anxiety Is measured and the mean anxiety score in each group and the groups to be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013052813500N1**

Registration date: **2013-08-13, 1392/05/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-08-13, 1392/05/22

Registrant information

Name

Mostafa Ghaedi Moslo

Name of organization / entity

Birjand University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Birjand University of Medical Sciences, Research and Technology

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-07-19, 1392/04/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of foot reflexology and acupressure on soles and anxiety in patients with angiographic candidates

Public title

Comparison of foot reflexology and acupressure on soles and anxiety in patients with angiographic candidates

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: the desire to participate in the study; the procedure being performed for the first time; able to consent; no history of mental illness, anxiety; platelet count of over 75 thousand; lack of hemorrhagic disease. Exclusion criteria: injury or infection at the site of massage; anxiolytic or hypnotic drugs in the 48 hours before massage; history of medicine, acupressure or reflexology in the past three months; severe chronic illness; primary mental disorder or anxiety and pregnancy.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 105

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**

birjand university of medical sciences

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City

birjand

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Approval date

2013-04-11, 1392/01/22

Ethics committee reference number

9202

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

Anxiety in patients with angiographic candidates

ICD-10 code

F40-48

ICD-10 code description

Neurotic, stress-related and somatoform disorders

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

anxiety

Timepoint

Before the intervention, immediately after intervention and one-half hours after the intervention.

Method of measurement

Situational anxiety Inventory spilberger

Secondary outcomes

empty

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

The first intervention group received a total of 20 minutes per foot reflexology massage soles Anxiety measured by STAI questionnaire immediately and then half an hour later Acupressure intervention group at the third eye point and then measure calls for 10 minutes immediately after half-time Control measure anxiety before and after a half hour later

Category

Other

2**Description**

Acupressure Acupressure in ten minutes in the third eye point and a half hours away and anxiety Is measured

Category

Other

3**Description**

Measure of anxiety in the control group without any intervention then measured immediately before and half hour after leaf addition, the questionnaire

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Vali Asr Hospital, Birjand

Full name of responsible person

Ghaedi Mostafa

Street address

birjand university of medical sciences- ghafari street-
birjand- iran

City

Birjand

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences, Research and
Technology

Full name of responsible person

Gholamreza Sharif Zadeh

Street address

zip code 9717853577- birjand university of medical
sciences- ghafari street-birjand- iran

City

Birjand

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Birjand University of Medical Sciences, Research and
Technology

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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Full name of responsible person

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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