Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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

Country

Iran (Islamic Republic of)

Phone

+98 917 190 2793

Email address

m-ghaedi115@bums.ac.ir

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
Street address
zip kod 9717853577 -ghafari street-birjand university of medical sciences- birjand-iran
City
birjand
Postal code
9717853577
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
Birjand University of Medical Sciences

Full name of responsible person
Mostafa Ghaedi

Position
Student

Other areas of specialty/work

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

City
Birjand

Postal code

Phone
+98 561444041

Fax

Email
m-ghaedi115@bums.ac.ir; m.ghaedi413@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Birjand University of Medical Sciences

Full name of responsible person
Mostafa Ghaedi

Position
Student

Other areas of specialty/work

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

City
Birjand

Postal code

Phone
+98 56 1444 3041

Fax

Email
m-ghaedi115@bums.ac.ir; m.ghaedi413@yahoocom

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Birjand University of Medical Sciences

Full name of responsible person
Mostafa Ghaedi

Position
Student

Other areas of specialty/work

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

City
Birjand

Postal code

Phone
+98 56 1444 3041

Fax

Email
m-ghaedi115@bums.ac.ir

Web page address

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