

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effect of Effleurage Massage on Sleep Quality and Self-efficacy of Multiple Sclerosis Patients in Shiraz Multiple Sclerosis Community 1391-92

Protocol summary

2015-05-10, 1394/02/20

Summary

This study was performed to investigate the effect of Massage effleurage on Sleep Quality and efficacy in patients with multiple sclerosis a member of MS Shiraz society in 92-1391. The study included 80 patients with MS who were randomly divided into 2 groups Characteristics of patients. Intervention groups participated in 10 sessions, each session lasting 20 minutes and 2 times a weeks. For the control group, no intervention was not performed. Also, in the end of the intervention for patients in the control group was teaching massage. For inclusion of criteria was People (both sexes) aged 20 to 60 years with MS a member of MS Society of Shiraz, Developing MS than 6 months, Lack of stage disease attack, not receiving a massage During the past three months, no other chronic disease, lack of physical damage in the limbs and spine, non-pregnant women. If the patients with increasing severity of the disease that affects sleep quality and self-efficacy and Resulted in the patient being admitted to hospital, No follow-up and massaged by the patient for any reason, acute illness, such as fever, chills, severe pain, are excluded. Before the intervention, 5 and 10 weeks after treatment, sleep quality and self-efficacy in both groups was measured by the Pittsburgh Sleep Quality Questionnaire and general self efficacy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013121015734N1**

Registration date: **2015-05-10, 1394/02/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

Registrant information

Name

Mehdi Zarei

Name of organization / entity

Shiraz University of Medical Science

Country

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+98 71 3647 4252

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Science

Expected recruitment start date

2013-09-23, 1392/07/01

Expected recruitment end date

2013-12-22, 1392/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Effleurage Massage on Sleep Quality and Self-efficacy of Multiple Sclerosis Patients in Shiraz Multiple Sclerosis Community 1391-92

Public title

Effect of Effleurage Massage on Sleep Quality and Self-efficacy of Multiple Sclerosis Patients

Purpose

Supportive

Inclusion/Exclusion criteria

inclusion criteria: People (of both sexes) aged 20 to 60 years with MS in MS Society of Shiraz; Getting MS more than 6 months; Lack of stage of disease attack; Not receiving a massage in the last three months; No other chronic diseases; Lack of physical damage in the limbs and spine; non-pregnant women; No history of allergies; seizures and migraines; Not having any sores or lumps in organs; Not having surgery in the last 6 months.

exclusion criteria: Increasing severity of the disease that affects sleep quality and self-efficacy of the patient and cause the patient's stay in hospital; Failure to follow Massage Program by the patient for any reason; Acute illness such as fever, chills, severe pain.

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **80**

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**

Ethics Committee of Shiraz University of Medical Science

Street address

zand street

City

Shiraz

Postal code**Approval date**

2013-09-23, 1392/07/01

Ethics committee reference number

279380

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

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Demyelinating diseases of the central nervous system

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

Self Efficacy

Timepoint

Before the intervention, 5 and 10 weeks after intervention

Method of measurement

Self-Efficacy Questionnaire

2**Description**

Sleep Quality

Timepoint

Before the intervention, 5 and 10 weeks after intervention

Method of measurement

Pittsburgh Sleep Quality Questionnaire

Secondary outcomes

empty

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

Control group: No intervention is not performed.

Category

N/A

2**Description**

Experimental group: Effleurage massage 2 days in week for 10 weeks

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

MS Society of Fars

Full name of responsible person

Zeinab Mohebi

Street address

NO 216, Ghasredasht Street
City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Shiraz University of
Medical Science

Full name of responsible person
Seyed Basir Hashemi

Street address
Zand Street, Beside Red Cross, University Central
Building, Shiraz University of Medical Sciences

City
Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Shiraz University of Medical
Science

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
Shiraz University of Medical Science

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Position
Master of Science

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