Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

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

Protocol summary

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

2015-05-10, 1394/02/20

Registrant information

Name
Mehdi Zarei
Name of organization / entity
Shiraz University of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 71 3647 4252
Email address
zarei_mehdi@sums.ac.ir

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

Full name of responsible person

Zeinab Mohebi

Position

Master of Science

Other areas of specialty/work

Street address

Namazi Square, Collage of Nursing and Midwifery

City

Shiraz

Postal code

Phone

+98 71 3647 4251

Fax

Email

Zmohebi@sums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Science

Full name of responsible person

Zeinab Mohebi

Position

Master of Science

Other areas of specialty/work

Street address

College of Nursing and Midwifery, Namazee Squere

City

Shiraz

Postal code

Phone

+98 71 3647 4251

Fax

Email

Zmohebi@sums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Science

Full name of responsible person

Zeinab Mohebi

Position

Master of Science

Other areas of specialty/work

Street address

Collage of Nursing and Midwifery, Namazee Square

City

Shiraz

Postal code

Phone

+98 71 3647 4251

Fax

Email

Zmohebi@sums.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