Clinical Trial Protocol
Iranian Registry of Clinical Trials

02 Nov 2026

Effect of foot reflexology on blood pressure in elderly patients with hypertension

Protocol summary

Summary

One Foot reflexology massage therapy in complementary medicine, and massage therapy group manually. Foot reflexology is based on the idea that each of the organs of an area corresponding to the foot reflexology, hand to ear. Until now, many studies of foot reflexology massage as a nursing intervention noninvasive different conditions studied have.This study aimed to determine the effect of foot reflexology on blood pressure in elderly patients with hypertension takes place. Present study, 52 elderly patients with hypertension according to criteria Sign In: 1 - diagnosed with hypertension, 2 - not with vascular disorders feet, 3 - lack of diabetes, kidney disease, 4 - normal lower extremity, 5 - lack of infectious Diseases foot (tinea pedis, and plantar warts.), 6 - consent to participate in the intervention criterion for exclusion: 1 - being sensitive to foot massage, 2 - any abnormalities in blood pressure during treatment, 3 - Any problems involved heart and other organs intervention impossible, and 4 does not continue cooperation from the study of random easy two intervention and control are divided. intervention group received reflexology massage for 30 minutes (15 minutes for each leg) occurs. measure the main outcome measures of systolic blood pressure and diastolic pressure by pressure gauge mercury be done. Outcomes studied included hypertension survey response rate is foot reflexology.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014030816896N1**
Registration date: **2014-07-26, 1393/05/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-07-26, 1393/05/04

Registrant information

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Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2014-04-21, 1393/02/01

Expected recruitment end date

2014-06-22, 1393/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of foot reflexology on blood pressure in elderly patients with hypertension

Public title

Effect of foot reflexology on blood pressure in elderly patients with hypertension

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: 1. Diagnosed with hypertension 2. Not

suffering from vascular disorders feet 3. Absence of diabetes, kidney disease 4. Healthy lower limb 5. Lack of Infectious Diseases foot (tinea pedis, and plantar warts.) 6. Consent to participate in the intervention Exclusion criteria: 7. Being sensitive to foot massage 8. Any disruption in blood pressure during intervention 9. Any disorder of the heart and other organs are involved, which makes it impossible to intervene 10. Lack of cooperation from the study

Age
From **59 years** old to **89 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **52**

Randomization (investigator's opinion)
Not 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
Gonabad University of Medical Sciences

Street address
road edges Asia - GONABA-Khorasan Razavi-Iran

City
Gonabad

Postal code

Approval date
2014-01-21, 1392/11/01

Ethics committee reference number
gmu.rec.1392.48

Health conditions studied

1

Description of health condition studied
Hypertension

ICD-10 code
I10

ICD-10 code description
Essential (primary) hypertension

Primary outcomes

1

Description
Hypertension

Timepoint
10 minutes before the intervention, 5 and 30 minutes after the intervention.

Method of measurement
Using a mercury sphygmomanometer according mmHg

2

Description
Pulse rate

Timepoint
10 minutes before the intervention, 5 and 30 minutes after the intervention.

Method of measurement
Pulse palpation in a minute through the brachial pulse.

3

Description
Respiration rate

Timepoint
10 minutes before the intervention, 5 and 30 minutes after the intervention.

Method of measurement
Breaths per minute with a visual observation of chest movements.

Secondary outcomes

empty

Intervention groups

1

Description
Controls: foot reflexology massage for 30 minutes (15 minutes for each leg) for this group was not conducted.

Category
N/A

2

Description
Intervention group: foot reflexology massage for 30 minutes (15 minutes for each leg) was performed.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
15 Khordad Bylnd Health center
Full name of responsible person
Pordel
Street address
City
Gonabad

2

Recruitment center
Name of recruitment center
Ayatollah Madani Health centers
Full name of responsible person
Ghadimi far
Street address
City
Gonabad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Gonabad University of Medical Sciences
Full name of responsible person
Ali Delshad
Street address
Research Assistant- road edges Asian
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Gonabad University of Medical Sciences
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

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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