

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jun 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

###### Name

Hamid Zarei nodar

###### Name of organization / entity

Gonabad University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 53 3722 3513

###### Email address

zareih@gmu.ac.ir

##### 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 ByInd Health center  
**Full name of responsible person**  
Pordel  
**Street address**  
**City**  
Gonabad

Gonabad University of Medical Sciences -road edges  
Asian  
**City**  
Gonabad  
**Postal code**  
**Phone**  
+98 53 3722 3028  
**Fax**  
**Email**  
hamid\_salar31@yahoo.com  
**Web page address**

## 2

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

## **Person responsible for scientific inquiries**

**Contact**  
**Name of organization / entity**  
Gonabad University of Medical Sciences  
**Full name of responsible person**  
Maryam Eshghizadeh  
**Position**  
Master of Nursing  
**Other areas of specialty/work**  
**Street address**  
Gonabad University of Medical Sciences -road edges  
Asian  
**City**  
Gonabad  
**Postal code**  
**Phone**  
+98 53 3722 3028  
**Fax**  
**Email**  
m.eshghizadeh@yahoo.com  
**Web page address**

## **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  
**City**  
Gonabad  
**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 updating data**

**Contact**  
**Name of organization / entity**  
Gonabad University of Medical Sciences  
**Full name of responsible person**  
Hamid Zarei  
**Position**  
Nursing student  
**Other areas of specialty/work**  
**Street address**  
road edges Asian  
**City**  
Gonabad  
**Postal code**  
**Phone**  
+98 53 3722 3028  
**Fax**  
**Email**  
hamid\_salar31@yahoo.com  
**Web page address**

## **Person responsible for general inquiries**

**Contact**  
**Name of organization / entity**  
Gonabad University of Medical Sciences  
**Full name of responsible person**  
Hamid Zarei  
**Position**  
Nursing Student  
**Other areas of specialty/work**  
**Street 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*