

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The effects of massage therapy and reflexology on patients' anxiety before angiography at hajar hospital

Protocol summary

Summary

In this non-blinded randomized clinical trial aimed to determine the effectiveness of Reflexology and Massage therapy on anxiety of patient before angiography. A total of 75 patients with an indication of angiography were referred to the department of cardiology at Hajar hospital in Shahrekord in 2013. The exclusion criteria were those not willing to continue their enrollment and patients suffering from any psychiatric or clinical diseases while undergoing this study were removed from this study. Patients were randomly assigned to 3 groups of Reflexology, Massage therapy and control, using block randomization. Two hours before angiography, patients were seen and massage therapy and reflexology were performed for the two groups. Anxiety was evaluated before and after intervention with questionnaires. We used State-Trait Anxiety Inventory at first and after intervention for the three groups. In Reflexology group patients received 15 minutes intervention for each foot and in the second group patients received 20 minutes back massage before Angiography.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016101719316N3**

Registration date: **2016-11-15, 1395/08/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-15, 1395/08/25

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciences

Expected recruitment start date

2013-08-01, 1392/05/10

Expected recruitment end date

2013-12-01, 1392/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of massage therapy and reflexology on patients' anxiety before angiography at hajar hospital

Public title

Massage therapy and reflexology effects on anxiety of patients before undergoing angiography at hajar hospital in shahrekord - 2013

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age $\geq$ 18 years old; State Trait Anxiety Inventory (STAI) was scored less than 60 by each applicant. This means participants are not suffering from a severe anxiety disorder; patients were entered by their own interest; not having history of suffering from mental retardation, deafness, or blindness; no history of

suffering from any psychiatric or anxiety disorder and not taking any anti-anxiety disorder drug; no history of any burn scar, rashes, trauma in the sites being massaged. Exclusion criteria: no willing to continue their enrollment; suffering from any psychiatric or clinical problems while being under treatment for this study.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 75

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 Shahrekord University of Medical Sciences

Street address

Vice Chancellery for Research and Technology,
Shahrekord University of Medical Sciences. Kashani
Bld. Shahrekord. IRAN

City

Shahrekord

Postal code**Approval date**

2013-05-18, 1392/02/28

Ethics committee reference number

IR.SKUMS.REC.1392.334

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

Unstable Angina

ICD-10 code

I20.0

ICD-10 code description

Unstable angina

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

Anxiety change after each intervention

Timepoint

Before and 15 minutes after intervention

Method of measurement

State-Trait Anxiety Inventory questionnaire

Secondary outcomes**1****Description**

Vital signs changes after intervention

Timepoint

Before and 15 minutes after intervention

Method of measurement

Clinical examination, sphygmomanometer

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

Reflexology technique: Reflexotherapy was conducted for each patient for 30 minutes, first for the left foot and then for the right foot (15 minutes each). Conducting reflexotherapy, first of all, the relaxation technique was used from the footstalk toward the sole (plantar surfaces) at the beginning of the session. Then, four major plantar reflexology points (solar plexus, pituitary, heart and liver) were put under pressure using the thumbs. The other reflexology areas of the plantar surface of the foot were also massaged and finally intervention was put to an end with massaging the solar plexus by the researcher. The vital signs were measured again after finishing the intervention.

Category

Treatment - Other

2**Description**

Massage technique: massage therapy was performed by the same physiotherapist during the protocol and consisted of neck, shoulder and back massages for 20 minutes. The massages were initiated with light compression by the inner regions of the fingers and progressed to hard compression. Cervical traction, and mobilization in all planes (e.g., the front, back, and sides) was followed. The massage was finished with light manual compression

Category

Treatment - Other

3

Description

Control group: The control group received only routine intervention including resting for 30 minutes before angiography

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Cardiology, Hajar Hospital

Full name of responsible person

Ali Mokhtari

Street address

Hajar Hospital, Parastar St.

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Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research - Shahrekord University of Medical Sciences

Full name of responsible person

Kamal Solati

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Vice Chancellery for Research and Technology, Shahrekord University of Medical Sciences, Kashani Blvd.

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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

Vice Chancellor for Research - Shahrekord 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

Contact

Name of organization / entity

Shahrekord University of Medical Sciences

Full name of responsible person

Ali Mokhtari

Position

MD

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