

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The effects of slow-stroke back massage on anxiety, depression, blood pressure and shoulder pain in stroke patients in physiotherapy ward of Kamkar hospital in 2010

Protocol summary

Summary

Stroke is a leading cause of disability in the worldwide. The prevalence of anxiety, depression and shoulder pain following stroke is relatively high and long lasting. This study explores the effect of slow-stroke back massage (SSBM) on blood pressure, anxiety, depression and shoulder pain of patients with stroke. An experimental method was used with a pre-test and post-test design. In this study 50 stroke patients experiencing shoulder pain were randomly divided into a massage group or a control group. The subjects were selected using the following inclusion criteria: 1- Stroke patients experiencing shoulder pain 2- Patients 40 years of age or older 3- No history of bradycardia, hypotension, spinal and skin disorders as well as malignancy of the spinal column 4- Able to assess the pain with visual analogue scale. Intervention in the study consists of ten minutes of SSBM for three consecutive days. Patients in the experimental group were given a SSBM in massage room. Systolic and diastolic blood pressure of each subject measured before and after the cessation of intervention. Patients were also asked to complete the hospital anxiety and depression scale (HADS) and VAS before and end of the third day, after the massage intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138812232560N3**
Registration date: **2010-04-20, 1389/01/31**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2010-04-20, 1389/01/31

Registrant information

Name

Mohammad reza Yeganehkhah

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Qom University of Medical Sciences

Expected recruitment start date

2010-04-04, 1389/01/15

Expected recruitment end date

2010-07-06, 1389/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of slow-stroke back massage on anxiety, depression, blood pressure and shoulder pain in stroke patients in physiotherapy ward of Kamkar hospital in 2010

Public title

The effects of slow-stroke back massage on anxiety, depression, blood pressure and shoulder pain in stroke patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1) Stroke patients experiencing shoulder pain, 2) Patients 40 years of age or older, 3) Had a stroke in the recent 6 month, 4) Had continuous pain in shoulder, 5) No history of bradycardia, hypotension, spinal and skin disorders as well as malignancy of the spinal column. 6) Not received sedative and depressive drugs 4 hours before complete questionnaires. 7) Ability of patient to speaking; Exclusive criteria : 1) Absence of collaboration, 2) Death or exit from study, 3) Had a hypotension and vertigo during massage intervention, 4) Received other complementary therapy for relieving of the pain, anxiety and depression.

Age

From **40 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

The sample size of the study was calculated with power Of 80% and significance level of 5% according to the result of previous studies.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Qom University of Medical Sciences and Health Services

Street address

Qom University of Medical Sciences and Health Services, Saheli st., Qom., Iran

City

Qom

Postal code

37185

Approval date

empty

Ethics committee reference number

19256/34/پ

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

shoulder pain

ICD-10 code

M75.8

ICD-10 code description

Other shoulder lesions

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

Decrease of anxiety

Timepoint

hospital anxiety and depression scale(HADS)before and end of the third day, after the massage intervention

Method of measurement

Hospital anxiety and depression scale(HADS)

2**Description**

Decrease of blood pressure

Timepoint

Systolic and diastolic blood pressure of each subject measured before and after the cessation of intervention

Method of measurement

check list blood pressure

3**Description**

Decrease of depression

Timepoint

hospital anxiety and depression scale(HADS) before and end of the third day, after the massage intervention

Method of measurement

Hospital anxiety and depression scale(HADS)

4**Description**

Decrease of shoulder pain

Timepoint

VAS scale before and end of the third day, after the massage intervention.

Method of measurement

VAS scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: ten minutes of (slow-stroke back massage) SSBM for three consecutive days

Category

Rehabilitation

2

Description

Patients in the control group were not offered the SSBM intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Kamkar- Arabnia Hospital

Full name of responsible person

Street address

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom University of Medical Sciences and Health Services

Full name of responsible person

Salimi Ali

Street address

Qom University of Medical Sciences and Health Services, Saheli st., Qom., Iran.

City

Qom

Grant name

تحقيقات 10506

Grant code / Reference number

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

Yes

Title of funding source

Qom University of Medical Sciences and Health Services

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

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Full name of responsible person

Yeganeh khah Mohammad Reza

Position

MSc in Community Health Nursing

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