

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the Effects of Foot and Hand Reflexology Massages on Stress and Anxiety in Candidate Patients Undergoing esophagogastroduodenoscopy

Protocol summary

Summary

The present study aims to compare the effects of hand and foot reflexology massages on stress and anxiety in candidate patients undergoing upper gastrointestinal endoscopy. The research community consisted of all endoscopy candidate patients who refer to 22 Bahman Hospital Polyclinic of Neyshabour city. They are 95 person (in three groups of hand reflexology, foot reflexology and control). In the present study, the initial sampling will be conducted randomly. In the intervention groups, reflexology massage for 20 minutes before endoscopic procedures done. And the control group receiving usual care. reflexology massages will performed for the head, pituitary gland, diaphragm, lung and kidney / adrenal in the experimental groups. Then the patients stress and anxiety will measured using depression, anxiety and stress Scale. (DASS-21)

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016070828837N1**

Registration date: **2016-12-24, 1395/10/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-24, 1395/10/04

Registrant information

Name

Shima Shaermoghadam

Name of organization / entity

Zabol University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Zabol University of Medical Sciences

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effects of Foot and Hand Reflexology Massages on Stress and Anxiety in Candidate Patients Undergoing esophagogastroduodenoscopy

Public title

Comparison of the Effects of Foot and Hand Reflexology Massages on Stress and Anxiety in Candidate Patients Undergoing Upper Gastrointestinal Endoscopy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria : a prescription for upper gastrointestinal endoscopy, aged from 18 to 60, capability to speak and understand Persian, no sign of deafness and vision impairment, no history of endoscopy, no prescription for emergency endoscopy, no

history of mental illness, not using opium, no intake of tranquilizers, Iranian nationality, no history of neuropathy diseases such as diabetes and myasthenia gravis. Exclusion criteria : a history of psychological problems or known anxiety disorders, using hypnotics and tranquilizers, drug addiction or addiction to strong painkillers, no willingness to cooperate in the study.

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **95**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

randomization by table of random numbers

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of zabol University of Medical Sciences

Street address

zabol University of Medical Sciences

City

Zabol

Postal code

9861663335

Approval date

2016-03-09, 1394/12/19

Ethics committee reference number

zbmu.I.REC.1394.134

Health conditions studied

1

Description of health condition studied

digestive diseases

ICD-10 code

XI

ICD-10 code description

Diseases of the digestive system

Primary outcomes

1

Description

stress after the hand and foot reflexology massage

Timepoint

before intervention, after intervention, Immediately before the endoscopy

Method of measurement

DASS-21

2

Description

anxiety after the hand and foot reflexology massage

Timepoint

before intervention, after intervention, Immediately before the endoscopy

Method of measurement

DASS-21

Secondary outcomes

empty

Intervention groups

1

Description

hand reflexology

Category

Treatment - Other

2

Description

no intervention in control group

Category

Other

3

Description

foot reflexology

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Nishapur Hospital Polyclinic

Full name of responsible person

Tooba Hoseinabadi

Street address

22 Bahman Hospital
City
Nishapur

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Zabol University of
Medical Sciences

Full name of responsible person

Mohammadreza Firoozkoobi

Street address

Zabol University of Medical Science

City

Zabol

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 of Zabol 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

Zabol University of Medical Sciences

Full name of responsible person

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Position

Nursing Masters Student

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