Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

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

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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Iran (Islamic Republic of)

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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 esophagogastroduodonoscopy

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 gastrointestinalendoscopy, 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 Firoozkoohi

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

Shima Shaermoghadam

Position

Nursing Masters Student

Other areas of specialty/work

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Web page 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