

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Comparing the effect of foot and hand reflexology on the pain intensity after appendectomy

Protocol summary

Summary

Objective: This study aimed to compare the effects of foot reflexology on pain intensity in patients after surgery and appendectomy. Field of study: randomized trial, double-blinded, not placebo-controlled, single-center, phase one trial. A) The population study: Patients undergoing appendectomy. Inclusion criteria: consent to participate in the study; no drug addiction; having healthy hand and feet; not having the experiences of Diabetes more than 15 years. Exclusion criteria: Withdrawal the patient; patient death; severe complications after surgery. Sample size: 97 B) Intervention: Comparison of the effect of foot and hand reflexology on the pain intensity of patients after appendectomy surgery. C) Study time: from the 15 December 2016 to 15 June 2017 year. D) The primary outcome: Pain relief of appendectomy surgery

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016121031328N2**
Registration date: **2017-07-27, 1396/05/05**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-27, 1396/05/05

Registrant information

Name

Mahbobeh Sajadi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3402 0115

Email address

m.sajadi@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Arak University of Medical Sciences

Expected recruitment start date

2016-12-15, 1395/09/25

Expected recruitment end date

2017-06-15, 1396/03/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of foot and hand reflexology on the pain intensity after appendectomy

Public title

Comparing the effect of foot and hand reflexology on pain intensity

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: consent to participate in the study; no drug addiction; having healthy hand and feet; not having the experiences of Diabetes more than 15 years.

Exclusion criteria: Withdrawal the patient; patient death; severe complications after surgery.

Age

From **14 years** old to **59 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 96

Randomization (investigator's opinion)

Randomized

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

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

randomization by blocking method

Secondary Ids

empty

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

Ethics Committee of Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Alam al hoda St, Arak

City

Arak

Postal code**Approval date**

2016-11-23, 1395/09/03

Ethics committee reference number

IR.ARAKMU.REC.1395.294

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

Appendectomy

ICD-10 code

K35

ICD-10 code description

Acute appendicitis

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

Pain

Timepoint

Before the reflexology, one hour, 3 hours and 24 hours after the reflexology

Method of measurement

Visual Analogue Scale

Secondary outcomes

empty

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

First intervention group: Foot reflexology massage for 20 minutes in both foot.

Category

Rehabilitation

2**Description**

Second intervention group: Hand reflexology massage for 20 minutes in both hand.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Ayat allah Alimoradian Hospital

Full name of responsible person

Head of the hospital, Dr siamak daneshvar

Street address

Ayat allah Alimoradian Hospital, Janbaz Sq, Parastar St

City

Nahavand

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice Chancellor for Research Arak University of Medical Sciences

Full name of responsible person

Mahbobeh Sajadi

Street address

Great Prophit University Complex, Sardasht Region, Arak

City

Arak

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 Arak 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

Vice Chancellor for Research of Arak University of
Medical Sciences

Full name of responsible person

Dr.Ali arash Anooshirvani

Position

Ph.D of Medical Oncology, Vice Chancellor for
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Other areas of specialty/work**Street address**

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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