

# 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  
Research of Arak University of Medical Sciences

**Other areas of specialty/work****Street address**

Arak, Sardasht, Faculty of Nursing and Midwifery

**City**

Arak

**Postal code****Phone**

+98 86 3417 3524

**Fax****Email**

sajadimahbobeh@yahoo.com

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Dr. Mahbobeh Sajadi

**Position**

Ph.D

**Other areas of specialty/work****Street address**

Faculty of Nursing and Midwifery, Arak University of  
Medical Sciences, Sardasht Region, Arak, Iran

**City**

Arak

**Postal code****Phone**

+98 86 3417 3524

**Fax****Email**

sajadimahbobeh@yahoo.com

**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Dr. Mahbobeh Sajadi

**Position**

Ph.D

**Other areas of specialty/work****Street address**

Faculty of Nursing and Midwifery, Arak University of  
Medical Sciences, Sardasht Region, Arak, Iran

**City**

Arak

**Postal code****Phone**

+98 86 3417 3524

**Fax****Email**

sajadimahbobeh@yahoo.com

**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*