Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Foot Massage with Chamomile Oil and Almond Oil on the severity of Fatigue and Quality of Life in hemodialysis Patients

Protocol summary

Summary

The purpose of this study was to evaluate and compare the impact of massage using Chamomile oil, Almond oil and no oil on fatigue and quality of life in hemodialysis patients. 120 patients were randomly divided into control and 3 intervention groups. Randomization in this study was conducted using a random numbers table. Inclusion criteria: Ability and willingness to cooperate and participate in the research; no infectious disease; no history of psychiatric disorder or psychiatric hospitalization or grief in the past 6 months; no receive any mental ability, memory or thinking disruptive treatment; no previous attendance in similar training or massage courses; age above 18 and below 85 years; male; having at least 3 dialysis sessions weekly. Exclusion criteria: death; kidney transplantation during the study; unwillingness to continue participation. Intervention: Massage will be done with the hand thenar and thumb finger with a brief compression, starting from the heel to the fingers, with use of Noshad chamomile oil in group one and Noshad almond oil in group two and no use of oils in group three for 10 Minutes for every foot. Main outcome measures: severity of fatigue and quality of life.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2016121731438N1**
Registration date: **2017-08-02, 1396/05/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-08-02, 1396/05/11

Registrant information

Name
Osman Wosoi Dalavan
Name of organization / entity
Urmie University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 44 3275 4961
Email address
parastari-bep@umsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research، Urmie University of Medical Sciences

Expected recruitment start date

2016-05-22, 1395/03/02

Expected recruitment end date

2017-02-18, 1395/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Foot Massage with Chamomile Oil and Almond Oil on the severity of Fatigue and Quality of Life in hemodialysis Patients

Public title

The effect of Foot Massage with Chamomile Oil and Almond Oil on the severity of Fatigue and Quality of Life in hemodialysis Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Ability and willingness to cooperate

and participate in the research; no infectious disease; no history of psychiatric disorder or psychiatric hospitalization or grief in the past 6 months; no receive any mental ability, memory or thinking disruptive treatment; no previous attendance in similar training or massage courses; age above 18 and below 85 years; male; having at least 3 dialysis sessions weekly. Exclusion criteria: death; kidney transplantation during the study; unwillingness to continue participation.

Age
From **18 years** old to **84 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
A sealed envelope

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Urmie University of Medical of Sceinces

Street address
Nazlo، Urmie

City
Urmie

Postal code

Approval date
2016-05-24, 1395/03/04

Ethics committee reference number
ir.umsu.rec.1394.340

Health conditions studied

1

Description of health condition studied
hemodialysis

ICD-10 code
Z99,2

ICD-10 code description
Renal dialysis status

Primary outcomes

1

Description
Quality Of Llife

Timepoint
Preintervention and Post Of Two Month Intervention

Method of measurement
With Use Of KDQOL-SF Questionnaire

2

Description
Severity of Fatigue

Timepoint
Preintervention and Post Of Two Month Intervention

Method of measurement
With Use Of FSS Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Control group:follow up without intervention

Category
N/A

2

Description
Intervention group1: Massage will be done with the Hand Thenar and Thumb Finger, start from the heel to the toes using 3 cc of Noshad chamomile oil for 10 Minutes for every Foot.

Category
Treatment - Other

3

Description
Intervention group2: Massage will be done with the Hand Thenar and Thumb Finger, start from the heel to the toes with use of 3 cc of Noshad Almond oil for 10 Minutes brief pressure for every Foot.

Category
Treatment - Other

4

Description
Intervention group 3: Massage will be done with the Hand Thenar and Thumb Finger, start from the heel to the toes without use of oils for 10 Minutes brief pressure

for every Foot.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Urmie Imam Khomaini Hospital Hemodialys Unit

Full name of responsible person

Habib Zadeh Dr Hosein

Street address

Modarres Street، Urmie

City

Urmie

2

Recruitment center

Name of recruitment center

Urmie Taleghani Hospital Hemodialys Unit

Full name of responsible person

Habib Zadeh Dr Hosein

Street address

Kashani Street، Urmie

City

Urmie

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Urmie University of Medical Sciences

Full name of responsible person

Habib Zadeh Dr Hosein

Street address

Nazlo، Urmie

City

Urmie

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, Urmie 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

Urmie University Of Medical Sciences

Full name of responsible person

Wosoi Dalavan Osman

Position

Master Of Nursing

Other areas of specialty/work

Street address

Nazlo، Urmie

City

Urmie

Postal code

Phone

+98 44 3346 9931

Fax

Email

osman.wosoi@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Urmie University Of Medical Sciences

Full name of responsible person

Habib Zadeh Dr Hosein

Position

Doctor

Other areas of specialty/work

Street address

Nazlo، Urmie

City

Urmie

Postal code

Phone

+98 44 3275 4961

Fax

Email

Habibz_h@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Urmie University Of Medical Sciences

Full name of responsible person

Wosoi Dalavan Osman

Position

master of nursing

Other areas of specialty/work

Street address

Nazlo، Urmie

City

urmie

Postal code

Phone

+98 44 3275 4961

Fax

Email

osman.wosoi@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