Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of reflexology on pain intensity and anxiety in metastatic cancer patients admitted in adult hematology

Protocol summary

Summary

This research will be conducted to determine the effects of reflexology on intensity of pain and anxiety in 92 metastatic cancer patients at the Adult Hematology Ward in Shafa Hospital of Ahvaz. The patients will be selected based on the inclusion criteria and then randomly divided into the intervention and control groups. In the intervention group, the manual reflexology method will be applied by the researcher in the patients' rooms in a private atmosphere following the reflexology protocol. Reflexology will be carried out in 30-minute sessions for three days. The first five minutes will be in the form of massaging for relaxation. It will be followed by 15 minutes of reflexology on the reflex points of the patient's body where pain is felt, five minutes of reflexology all over the body to make sure the whole body receives the reflexology treatment, and the last five minutes will be dedicated to relaxation massage again. In the control group, in addition to the usual care the patients receive in the ward, which includes drug treatments and administration of pain killers, the skin on the entire soles of their feet will be used as a placebo for blinding the inductive effects of reflexology. Finally, after the three days, the VAS Questionnaire for Pain and Spielberger's State-Trait Anxiety Questionnaire will be given to the subjects again to be filled by them.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017061634381N2**
Registration date: **2017-07-01, 1396/04/10**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-07-01, 1396/04/10

Registrant information

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Name of organization / entity
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Recruitment status
Recruitment complete

Funding source
Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date
2017-06-22, 1396/04/01

Expected recruitment end date
2017-10-23, 1396/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of reflexology on pain intensity and anxiety in metastatic cancer patients admitted in adult hematology

Public title
Effect of reflexology on pain intensity and anxiety

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: Patients with metastatic cancer pain higher than 3 on VAS pain scale; Awareness of time, place and person; The lack of peripheral neuropathy; No

risk of venous thrombosis; No defects foot; Having anxiety higher than 21 on the scale Eshpel Burgers; The absence of open wounds, particularly on the reflex points. Exclusion criteria: The patient is ill or died during the study; loss of consciousness during the study.

Age
From **18 years** old to **80 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **92**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ahvaz Jundishapur University of Medical Sciences

Street address
Ahvaz Jundishapur University of Medical Sciences

City
Ahvaz

Postal code
6135715794

Approval date
2016-12-03, 1395/09/13

Ethics committee reference number
IR.AJUMS.REC.1395.669

Health conditions studied

1

Description of health condition studied
cancer

ICD-10 code
C79.9

ICD-10 code description
Secondary malignant neoplasm, unspecified site

Primary outcomes

1

Description
pain

Timepoint
Before intervention and after intervention

Method of measurement
Visual analuge scale

Secondary outcomes

1

Description
anxiety

Timepoint
Before intervention and after intervention

Method of measurement
Spielberger anxiety inventory

Intervention groups

1

Description
In the intervention group reflexology during three days and will be done every day for 30 minutes. The first 5 minutes in the form of massage for relaxation, a 15-minute reflexology in the reflection of the patient who is in pain, a 5-minute reflexology in all areas to ensure that the entire body is covered, 5 minutes later, again in the form of massage for relaxation do will be.

Category
Other

2

Description
The control group in addition to usual care, including medical treatment and housing back foot skin disease as blind placebo for induction effect of reflexology will be used.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shafa Hospital Hematology

Full name of responsible person
Simin Jahani

Street address

City
Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz Jundishapur University of Medical Sciences
Full name of responsible person
Behzad Sharif Makhmal Zadeh
Street address
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Ahwaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz Jundishapur 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

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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