

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 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

Name

Ferdos Pelarak

Name of organization / entity

Dezful Azad University

Country

Iran (Islamic Republic of)

Phone

+98 916 941 7091

Email address

pelarak.f@dums.ac.ir

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 analogue 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

Ahvaz Jundishapur University of Medical Sciences

City

Ahvaz

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

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Simin Jahani

Position

Assistant Professor

Other areas of specialty/work

Street address

Ahvaz Jundishapur University of Medical Sciences

City

Ahvaz

Postal code

6135715794

Phone

+98 61 3292 1839

Fax

Email

Jahanisimin50@yahoo.com

Web page address

www.ajuma.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Simin Jahani

Position

phd Nursing

Other areas of specialty/work

Street address

Ahvaz Jundishapur University of Medical Sciences-
School of Medicine

City

Ahvaz

Postal code

Phone

+98 61 3292 1839

Fax

Email

Jahanisimin50@yahoo.com

Web page address

www.ajums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Full name of responsible person

Ferdos Pelarak

Position

Other areas of specialty/work

Street address

City

Postal code

00

Phone

+98 61 3292 1839

Fax

Email

f.pelarak20@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