Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of Reflexology and acupressure for surgery pain after Inguinal Hernia surgery in Imam Reza hospital surgery department

Protocol summary

Study aim
Comparison of reflexology and acupressure effects on pain control in patients after inguinal hernia surgery
Design
A clinical trial with a control group, with parallel groups, single blind, randomized
Settings and conduct
In this clinical trial study, 90 patients aged 15-60 years old who were admitted to Imam Reza Hospital in Mashhad were enrolled in this study. The patients were randomly assigned into three groups of 30, including acupressure, reflexology medicine, divided by the control group for each degree of pain based on the visual scale (VAS) plus the amount of received housing in the pre-interventional stages, 1, 6 and 24 hours after the intervention.
Participants/Inclusion and exclusion criteria
Age between 15 to 60 years old; indication for iguinal hernia surgery
Intervention groups
Reflexology group; Acupressure group; Control group
Main outcome variables
Postoperative pain control and need for housing

General information

Reason for update
Acronym
Reflexology
IRCT registration information
IRCT registration number: **IRCT20170305032893N2**
Registration date: **2018-02-20, 1396/12/01**
Registration timing: **registered_while_recruiting**

Last update: **2018-02-20, 1396/12/01**
Update count: **0**
Registration date
2018-02-20, 1396/12/01

Registrant information
Name
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 0915
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khorsanda@mums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-02-20, 1396/12/01
Expected recruitment end date
2018-04-21, 1397/02/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effect of Reflexology and acupressure for surgery pain after Inguinal Hernia surgery in Imam Reza hospital surgery department

Public title
Effect of Reflexology and acupressure for surgery pain after Inguinal Hernia surgery in Imam Reza hospital surgery department
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Indication for inguinal hernia surgery
Exclusion criteria:
past surgical history addiction sensitive disorders diabetes mellitus past reflexology administration

Age
From **15 years** old to **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Table of random numbers
Blinding (investigator's opinion)
Single blinded
Blinding description
Patients are not informed about intervention and control group
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Mashhad University of Medical Sciences
Street address
Daneshgah Ave
City
Mashhad
Province
Razavi Khorasan
Postal code
91375345
Approval date
2013-12-11, 1392/09/20
Ethics committee reference number
1393.197

Health conditions studied

1

Description of health condition studied
Pain after Inguinal Hernia surgery
ICD-10 code
K40
ICD-10 code description
Inguinal hernia

Primary outcomes

1

Description
pain
Timepoint
before intervention and immediate, 1, 6 and 24 hours after the intervention
Method of measurement
visual analogue scale (VAS)

Secondary outcomes

1

Description
The amount of the Painkiller drug
Timepoint
Before the intervention, immediately after the intervention, as well as one hour, 6 hours and 24 hours after intervention
Method of measurement
Pharmaceutical patient Kardex

Intervention groups

1

Description
Intervention group: for the reflexology group, in addition to the usual treatment, for 2 to 3 minutes, the foot relaxation technique and 2 minutes pressure appling to the sensitive point on the foot of the foot with a strength of 7kg/cm 2
Category
Treatment - Other

2

Description
In the control group, only usual methods of treatment are received
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
بخش جراحی بیمارستان امام رضا (ع) مشهد مقدس
Full name of responsible person
Mehdi Asadi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Ali khorsand vakilzadeh
Position
Assistant Professor
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Specialist
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available