

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jul 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 inguinal 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

##### Email address

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 applying to the sensitive point on the foot of the foot with a strength of 7kg/cm<sup>2</sup>

#### 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

##### Street address

ابن سینا

##### City

mashhad

##### Province

Razavi Khorasan

**Postal code**  
9137913316  
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+98 51 3334 1317  
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AsadiMH@mums.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Mashhad University of Medical Sciences  
**Full name of responsible person**  
Saeed Eslami  
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Daneshgah Ave, Mashhad  
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+98 51 3841 1538  
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eslamis@mums.ac.ir

#### 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  
**Latest degree**  
Specialist  
**Other areas of specialty/work**  
Traditional Medicine  
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+98 51 3884 8931  
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## Person responsible for scientific inquiries

#### Contact

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Assistant Professor  
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## Person responsible for updating data

#### Contact

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Mashhad University of Medical Sciences  
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Ahmad Jafari Joshaghan  
**Position**  
Medical Student  
**Latest degree**  
Medical doctor  
**Other areas of specialty/work**  
General Practitioner  
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**Phone**

+98 51 3854 3031

**Email**

jafarijoshaghan@gmail.com

## 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