

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

The effect of foot reflexology on happiness, spiritual well-being and academic stress in female university students resident in dormitory: A randomized clinical trial

Protocol summary

Study aim

The aim of this study would be investigated the effects of reflexology on academic stress, happiness and spiritual well-being

Design

Cases study are the available participants who are suitable considering to our inclusion criteria, will be divided into 3 groups: Intervention (reflexology), placebo (general message), control randomly. The sample size will be 99 for the three groups. The blinding method is to prevent students from knowing in which group they are, before entering the room. Also no one of the intervention and placebo groups would know whether they have received reflexology or general message.

Settings and conduct

Reflexology for intervention group and general message for placebo group would be done. Message for each group would be done three time a week at the first week of study, twice a week at the second week of study, once a week at the third and fourth week of study. In total, message would be done seven times for each study case. Questionnaires would be filled up before intervention and after last intervention by the students (in the control group would be done after four weeks). The place of study would be in Kosar dormitory.

Participants/Inclusion and exclusion criteria

students who are studying in nursing (minimum : second semester, maximum: eight semester) having healthy foot not using of drugs which affect mental health considering to student' statements The absence of specific stressful event in the past 6 months (fill up the general stress questionnaire and get grade 27 and over

Intervention groups

Reflexology: 10 minutes of general massage and reflexology for each foot would be done. general massage: duration of message on heel of foot would be 10 minutes for each foot in placebo group. control: It

would not be done any intervention in this group.

Main outcome variables

The effect of foot reflexology on happiness, spiritual well-being and academic stress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110629006918N27**

Registration date: **2018-10-10, 1397/07/18**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-10, 1397/07/18**

Update count: **0**

Registration date

2018-10-10, 1397/07/18

Registrant information

Name

Alehe Seyedrasooli

Name of organization / entity

Faculty of Nursing & Midwifery

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-22, 1397/06/31

Expected recruitment end date

2019-02-08, 1397/11/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of foot reflexology on happiness, spiritual well-being and academic stress in female university students resident in dormitory: A randomized clinical trial

Public title

Reflexology impact on happiness, spiritual well-being and academic stress

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

students who are studying in nursing (minimum : second semester, maximum: eight semester) having healthy foot (without any wounds) not using of drugs which affect mental health considering to student' statements The absence of specific stressful event in the past 6 months (fill up the general stress questionnaire and get grade 27 and over

Exclusion criteria:

to participate in similar studies and reflexology courses pregnancy to happen any problem about health of the foot during studying process to happen any special stressful event during studying process such as disease, marriage, death of closed families and divorce not willing to participate in studying

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **99**

Actual sample size reached: **99**

Randomization (investigator's opinion)

Randomized

Randomization description

Cases study are the available participants who are suitable considering to our inclusion criteria, will be divided into 3 groups: Intervention (reflexology), placebo (general message), control randomly. Participants will be blocked randomly into 3 and 6 block. Then they will be assigned to groups of intervention, placebo and control. Blocking will be done by a person who is not involved in sampling then type of intervention will be written on the paper and will be put in opaque pockets which have been numbered. Participants will be assigned to 3 groups using random numbers of software randomly.

Blinding (investigator's opinion)

Single blinded

Blinding description

The blinding method is to prevent students from knowing in which group they are, before entering the room. Also no one of the intervention and placebo groups would know whether they have received reflexology or general message.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tabriz University Of Medical Sciences

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Shariety South St. Faculty of Nursing & Midwifery, Tabriz, Iran

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Approval date

2018-06-24, 1397/04/03

Ethics committee reference number

IR.tbzmed.rec.1397.278

Health conditions studied**1****Description of health condition studied**

spiritual well-being

ICD-10 code

Z71.81

ICD-10 code description

Spiritual or religious counseling

2**Description of health condition studied**

academic stress

ICD-10 code

F43.9

ICD-10 code description

Reaction to severe stress, unspecified

Primary outcomes**1****Description**

academic stress

Timepoint

Measurements will be done at the first session and one month after the start of the study.

Method of measurement

questionnaire

2

Description

happiness

Timepoint

Measurements will be done at the first session and one month after the start of the study.

Method of measurement

questionnaire

3

Description

spiritual well-being

Timepoint

Measurements will be done at the first session and one month after the start of the study.

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the reflexology group, duration of message is 20 minutes for each person totally. Message of each foot would take 10 minutes. First 5 minutes would be general message of sole of the foot and second 5 minutes would be reflexology of areas which are related to stress.

Category

Behavior

2

Description

Intervention group: In placebo group, duration of message is 20 minutes for each person totally. General message of each foot would take 10 minutes. It would be done on the heel of foot.

Category

Prevention

3

Description

Control group: It would not be done any intervention in this group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kowsar dormitory

Full name of responsible person

Fatemeh Parsa Mobaraki

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Mohammad Reza Rashidi

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"There is no further

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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

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Fatemeh Parsa Mobaraki

Position

MSN

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable