

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Effect of Reflexology on Depression During Menopause

Protocol summary

Study aim

The purpose of this study is to survey Reflexology on depression during menopause.

Design

Clinical trial has two groups of control, based on two groups of intervention and examination. The crash is done through the software. The sample size is 90 to. The phase of clinical trial is intervention.

Settings and conduct

A sample of 90 subjects who have entered the study and who are referring to Health Center Glabchi will be in control and test groups. Doing of intervention is that foot reflexology massage is done for 15 minutes per foot in the test group.

Participants/Inclusion and exclusion criteria

Inclusion criteria: have depression; have not skin decease in the leg ; have complete satisfaction to participate in the study; have Score 14 or higher than the Beck scale of the pain; .Conditions of failure to enter : using antidepressant drugs during the study; unwilling to participate in the study;

Intervention groups

Reflexology will perform two days a week for 8 weeks in intervention and nothing in control group

Main outcome variables

Depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111210008348N38**

Registration date: **2018-07-24, 1397/05/02**

Registration timing: **registered_while_recruiting**

Last update: **2018-07-24, 1397/05/02**

Update count: **0**

Registration date

2018-07-24, 1397/05/02

Registrant information

Name

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-12, 1397/03/22

Expected recruitment end date

2018-10-14, 1397/07/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Reflexology on Depression During Menopause

Public title

Effect of Reflexology on Depression During Menopause

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Have Literacy Have Depression Have Complete Satisfaction to participate in the study Have a Score higher than 14 of the Beck Depression Scale

Exclusion criteria:

Use of other Complementary therapies Having Acute Infections

Age

From **40 years** old to **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization of test and Control groups is done using quadratic random blocks method using software

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kashan University of Medical Sciences

Street address

Kashan,Ravand Street,Kashan University of Medical Sciences

City

Kashan

Province

Isfahan

Postal code

8715981151

Approval date

2018-05-31, 1397/03/10

Ethics committee reference number

IR.KAUMS.NUHEPM.REC.1397.011

Health conditions studied

1

Description of health condition studied

Reflexology

ICD-10 code

Z50

ICD-10 code description

Care involving use of rehabilitation procedures

Primary outcomes

1

Description

Depression

Timepoint

Before,After and 2 month After intervention

Method of measurement

Beck questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In intervention group, Reflexology will perform two day a week for 6 weeks.

Category

Treatment - Other

2

Description

Control group: in the Control group, no intervention will not perform during 6 weeks

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Glabch Health Center

Full name of responsible person

Neda Mirbagher

Street address

Kashan,Ghadir street,Glabch Health Center

City

Kashan

Province

Isfahan

Postal code

8715981151

Phone

+98 31 5554 0021

Email

mirbagher_n@kaums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person
Neda Mirbagher

Street address
Kashan,Ravand Street,Kashan University Medical Sciences

City
Kashan

Province
Isfahan

Postal code
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Email
mirbagher_n@kaums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Kashan 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
Kashan University of Medical Sciences

Full name of responsible person
Neda Mirbagher

Position
Ph.D

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Kashan,RavandStreet,Kashan University of Medical Sciences

City
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Province
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Phone
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Email
mirbagher_n@kaums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kashan University of Medical Sciences

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Neda Mirbagher

Position
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City
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+98 31 5554 0021

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Person responsible for updating data

Contact

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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
No - There is not a plan to make this available
Clinical Study Report

Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable