

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

The effect of foot reflexology on premenstrual syndrome among students in the dormitory of jahrom university 1390

Protocol summary

Summary

This study determined the effects of foot reflexology on symptoms of premenstrual syndrome on students living in dormitories are Jahrom University, and the prevalence of disease, and selection of samples based on inclusion criteria: age 35-18 years, normal BMI, lack of drug addiction, smoking and alcohol, regular menstrual periods, lack of physical and mental illness and exclusion criteria included shock and misadventure and drug use that affect the PMS, as patients with premenstrual syndrome randomized into two groups. In the intervention group were treated by the researcher with foot reflexology, foot reflexology for 15 minutes on each leg (total 30 minutes) once a day, 10-5 days prior to the time period (monthly bleeding cycle) is , and it is before the onset of symptoms, and be continued until the period (total 10-5 days). Just a gentle massage and foot controls are ineffective. Independent variable and the dependent variable in this study, foot reflexology is the study of premenstrual syndrome.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138811103226N1**

Registration date: **2012-08-07, 1391/05/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-08-07, 1391/05/17

Registrant information

Name

Mahrokh Dolatian

Name of organization / entity

Shahid Beheshti University of Medical Scenices

Country

Iran (Islamic Republic of)

Phone

+98 21 8820 2512

Email address

m_dolatian@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Scineces

Expected recruitment start date

2011-12-21, 1390/09/30

Expected recruitment end date

2012-03-19, 1390/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of foot reflexology on premenstrual syndrome among students in the dormitory of jahrom university 1390

Public title

The effect of reflexology on premenstrual syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Iranian race; 18 – 35 year age; normal BMI (19.8 – 26); not addicted to drugs, cigarette and alcohol; regular menstruation (Period between 21 – 35 days); gained score 0 – 9 in Depression Test. By virtue of their own statements they should not have known mental disease such as bipolar and personality disorders, drugs misuse and other mental diseases and depression. Also they should have the syndrome according to the

table registering daily signs for two months. They should not use vitamins (B6, E , sulfate zinc , multivitamin), contraceptives , medroxyprogesterone, diderogestrone, spironolactone , fluoxetine , alperazolam , calcium , anticonvulsive , antidepressive and herbal medications in recent three months or any drugs influencing on the premenstrual syndrome(PMS). They should not have had any deplorable event such as near relatives' death or surgical operation in recent six months. Exclusion criteria: known physical disease; suffering from cardiac diseases; coagulation disorders; deep vein thrombosis; vein phlebitis, infection; feet burn or wound and severe infections; diabetes; heartbeat regulation apparatus and varicose vein and If the patients do not cooperate.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The International Branch of Shahid Beheshti university of medical sciences & health sciences

Street address

Shahid Abbaspour avenue, Tavanir avenue, nabshe pol hemmat, the international branch of shahid beheshti university of medical sciences & health sciences

City

Tehran

Postal code

Approval date

2011-11-29, 1390/09/08

Ethics committee reference number

116/3540

Health conditions studied

1

Description of health condition studied

Premenstrual Syndrome

ICD-10 code

N94.3

ICD-10 code description

Premenstrual tension syndrome

Primary outcomes

1

Description

Foot Reflexology

Timepoint

5-10 days before menstruation period

Method of measurement

Check List

Secondary outcomes

1

Description

Premenstrual Syndrome

Timepoint

Premenstrual Syndrome forms have been completed by sampel of this study for 2 months

Method of measurement

Premenstrual Syndrome Questinnare daily, DSM4

Intervention groups

1

Description

Foot reflexology for 15 minutes on each leg (total 30 minutes) once a day, 10-5 days prior to the time period (monthly bleeding cycle) is, and it is before the onset of symptoms, and the time period be continued (total 10-5 days (

Category

Treatment - Other

2

Description

In the control group (without doing foot reflexology techniques) in those days, ie 5-10 days before menstruation and gentle massage to the feet may be ineffective.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

The Girls Students Dormitory of Jahrom University

Full name of responsible person

Sareh Abdollahy fard

Street address

the dormitory of jahrom university(number 1-11),sepah avenue,jahrom city,fars state

City

Jahrom

Sciences,Tehran

City

Tehran

Postal code

7413934358

Phone

+98 21 8820 2512

Fax

Email

sareh_abdollahyford@yahoo.com

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The Intrnational Branch of Medical Science & Health medicine Shahid Beheshti University

Full name of responsible person

Mrs Dr Ghanati

Street address

The intrnational branch of medical science & health medicine Shahid Beheshti university,Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The Intrnational Branch of Medical Science & Health medicine Shahid Beheshti University

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

Shahid Beheshti University of Medical Sciences, International-Branch, Iran.

Full name of responsible person

Sareh Abdollahifard

Position

M.Sc Student of Midwifery

Other areas of specialty/work

Street address

Vali Asr niayesh avenue,Nursing & Midwifery college of Shahid Beheshti University of Medical

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences, International-Branch, Iran.

Full name of responsible person

Sareh Abdollahifard

Position

M.Sc Student of Midwifery

Other areas of specialty/work

Street address

Vali Asr-niayesh avenue,Shahid Beheshti University of Medical Sciences, International,nursing &midwifery college,Tehran

City

Tehran

Postal code

7413934358

Phone

+98 21 8820 2512

Fax

Email

sareh_abdollahyford@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

The Intrnational Branch of Medical science & health medicine Shahid Beheshti university

Full name of responsible person

Sareh Abdollahi fard

Position

Ms student of Midwifery

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The intrnational branch of medical science & health medicine Shahid Beheshti university,Tehran

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+98 21 8820 2512

Fax

Email

sareh_abdollahyford@yahoo.com

Web page address

empty

Sharing plan

Informed Consent Form

empty

Deidentified Individual Participant Data Set (IPD)

Clinical Study Report

empty

empty

Study Protocol

Analytic Code

empty

empty

Data Dictionary

Statistical Analysis Plan

empty