

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 2026

Comparative study of the effects of reflexology and auriculotherapy on the pain after cesarean section

Protocol summary

Study aim

determinating the effect of Auriculotherapy and Reflexology on the pain after elective cesarean section

Design

Clinical practice with control group, Double blind, Randomized

Settings and conduct

The place of study is the women,s ward of Ali ibn Abitaleb Hospital and Niknaf clinic in Rafsanjan

Participants/Inclusion and exclusion criteria

Inclusion criteria: single pregnancy; low-risk pregnancy; not having special disease history; lack of starting labor pain ;having a transverse incision cesarean section surgery;belonging to the first class of anesthesia risk ; Exclusion criteria:Discomfort in ear or pain while massaging or putting pressure on feet; Complications during and after cesarean section

Intervention groups

samples in all of the three groups are studied from 6 hours after the cesarean section to 24 hours later. In the reflexology group, intervention takes place for 20 minutes in both 6 hours and 30 hours after the cesarean section. The pain is measured before and 20 minutes after each intervention. In auriculotherapy. group , the auricular seed are attached for 24 hours. the pain is measured just before and 20 minutes after attaching the earrings; the same is done for dispatching them.in control group, the researcher is present at the mother's bedside for 20 minutes doing nothing twice :6 hours and 30 hours after the cesarean section. the pain is measured by VAS just before and 20 minutes after the researcher's physical presence.

Main outcome variables

Caesarean section pain ; Drug consumption amount

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20131228015965N15**

Registration date: **2019-07-30, 1398/05/08**

Registration timing: **retrospective**

Last update: **2019-07-30, 1398/05/08**

Update count: **0**

Registration date

2019-07-30, 1398/05/08

Registrant information

Name

Majid Kazemi

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 7663

Email address

dr.kazemi.n@rums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-23, 1397/06/01

Expected recruitment end date

2019-05-22, 1398/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative study of the effects of reflexology and auriculotherapy on the pain after cesarean section

Public title

Comparing the effects of reflexology and auriculotherapy on the pain after cesarean section

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

the Age of 18-35,, Elective surgery ear's health for reflexology and feet's health for auriculotherapy

Exclusion criteria:

Foreigners Unpleasant sensation of the feet massage

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **168**

Randomization (investigator's opinion)

Randomized

Randomization description

By Simple randomization method and through lottery , it is determined which intervention should be used in each session

Blinding (investigator's opinion)

Double blinded

Blinding description

both the participants in the study and the person evaluating the pain are blind to the intervention

Placebo

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ethics committee of Rafsanjan University of Medical Sciences

Street address

Rafsanjan University of Medical Sciences, Imam Ali Boulevard, Rafsanjan

City

Rafsanjan

Province

Kerman

Postal code

7717932777

Approval date

2018-07-25, 1397/05/03

Ethics committee reference number

lr.rums.rec.1397.085

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

pain of cesarean section

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

pain

Timepoint

Six hours and thirty hours after cesarean section, just before and after intervention

Method of measurement

Based on numerical scale VAS

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group 1:Reflexology is done for 20 minutes twice ; six hours and thirty hours after cesarean section. the pain scale is measured by VAS immediately before and after Reflexology

Category

Treatment - Other

2**Description**

Intervention group 2: Earrings are attached to the ears 6 hours after cesarean section for 24 hours. just before the attachment and 20 minutes after that , the pain is measured by VAS. and also , before and 20 minutes after dispatching the earrings , the pain is measured by VAS.

Category

Treatment - Other

3**Description**

Intervention group3:In control group, researcher is present at the mother,s bed doing nothing for 20 minutes, twice: 6 hours and 30 hours after cesarean section.just before and 20 minutes after, the researcher,s physical presence , the pain is measured by VAS.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ali Ibn Abi Talib Hospital And NikNafs Maternity Hospital

Full name of responsible person

Dr.Majid Kazemi

Street address

Ali Ibn Abi Talib Square, Imam Ali Street And Shahada Street

City

Rafsanjan

Province

Kerman

Postal code

7717937555

Phone

+98 34 3422 8324

Email

dr.kazemi.n@rums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr. Majid Kazemi

Street address

Rafsanjan University of Medical Sciences, Imam Ali Boulevard, Rafsanjan

City

Rafsanjan

Province

Kerman

Postal code

7717937555

Phone

+98 34 3422 8324

Email

dr.kazemi.n@rums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Rafsanjan 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

Rafsanjan University of Medical Sciences

Full name of responsible person

Majid Kazemi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Rafsanjan University of Medical Sciences, Emam Ali Street

City

Rafsanjan

Province

Kerman

Postal code

7717937555

Phone

+98 34 3425 7663

Fax

+98 34 3425 8497

Email

dr.kazemi.n@rums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr. Majid Kazemi

Position

Phd

Latest degree

Ph.D.

Other areas of specialty/work**Street address**

Rafsanjan University of Medical Sciences, Imam Ali Boulevard, Rafsanjan

City

Rafsanjan

Province

Kerman

Postal code

7717937555

Phone

+98 34 3425 5900

Fax**Email**

dr.kazemi.n@rums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Majid Kazemi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

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Street address

Rafsanjan University of Medical Sciences, Emam Ali Street

City

Rafsanjan

Province

Kerman

Postal code

7717937555

Phone

+98 34 3425 7663

Fax

+98 34 3425 8497

Email

dr.kazemi.n@rums.ac.ir

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

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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