

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

survey the comparison of massage with lavender essence and orange essence effect on fatigue and quality of life in hemodialysis patients

Protocol summary

Study aim

The purpose of this study was to evaluate and compare the impact of massage using lavender essence oil, orange essence oil and no oil on fatigue and quality of life in hemodialysis patients

Design

The purpose of this study was to evaluate and compare the impact of massage using lavender essence oil, orange essence oil and no oil on fatigue and quality of life in hemodialysis patients. 105 patients were randomly divided into control and 3 intervention groups.

Settings and conduct

Intervention: Massage will be done with the hand thenar and thumb finger with a brief compression, starting from the heel to the fingers, with use of noshad chamomile oil in group one and noshad almond oil in group two and no use of oils in group three for 10 Minutes for every foot. Name of recruitment center: Shahid Modarres Hospital Kashmar

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having chronic renal insufficiency; Aged between 65-18years; Having the ability to speak in Persian; willingness to participate in research; Undergoing regular and consecutive hemodialysis from at least 6 months ago; Doing hemodialysis at least two times weekly. Exclusion criteria: death; kidney transplantation during the study; unwillingness to continue participation.

Intervention groups

Intervention group1: Massage will be done with the hand thenar and thumb Finger, start from the heel to the toes using 3 cc of lavender essence oil for 10 Minutes for every Foot. Intervention group2: Massage will be done with the Hand Thenar and Thumb Finger, start from the heel to the toes with use of 3 cc of orange essence oil for 10 Minutes brief pressure for every Foot. Intervention group 3: Massage will be done with the hand thenar and thumb Finger, start from the heel to the toes without use of oils for 10 Minutes brief pressure for every Foot.

Main outcome variables

Fatigue; Quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180711040432N2**

Registration date: **2019-01-13, 1397/10/23**

Registration timing: **prospective**

Last update: **2019-01-13, 1397/10/23**

Update count: **0**

Registration date

2019-01-13, 1397/10/23

Registrant information

Name

Reza Mohammadpourhodki

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5542 4875

Email address

rezamdpour@shmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-29, 1397/11/09

Expected recruitment end date

2019-05-26, 1398/03/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

survey the comparison of massage with lavender essence and orange essence effect on fatigue and quality of life in hemodialysis patients

Public title

survey the comparison of massage with lavender essence and orange essence effect on fatigue and quality of life in hemodialysis patients.

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Having chronic renal insufficiency Aged between 65-18years Having the ability to speak in Persian willingness to participate in research Undergoing regular and consecutive hemodialysis from at least 6 months ago Doing hemodialysis at least two times weekly

Exclusion criteria:

Having chronic renal insufficiency Aged between 65-18years Having the ability to speak in Persian willingness to participate in research

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **105**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be allocated to groups using blocking randomization method.

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 Shahroud University of Medical Sciences

Street address

Shahroud University of Medical Sciences and Health Services, Hafte Tir Square, Shahroud, Iran.

City

Shahroud

Province

Semnan

Postal code

۳۶۱۴۷۷۳۹۴۷

Approval date

2018-12-30, 1397/10/09

Ethics committee reference number

IR.SHMU.REC.1397.175

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

Hemodialysis

ICD-10 code

Renal dial

ICD-10 code description

Z99,2

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

Quality Of Llife

Timepoint

Preintervention and Post Of One Month Intervention

Method of measurement

With Use Of KDQOL-SF Questionnaire

2**Description**

Severity of Fatigue

Timepoint

Preintervention and Post Of Two Month Intervention

Method of measurement

With Use Of FSS Questionnaire

Secondary outcomes

empty

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

Intervention group: Intervention group1: Massage will be done with the Hand Thenar and Thumb Finger, start from the heel to the toes using 3 cc of Noshad chamomile oil for 10 Minutes for every Foot.

Category

Treatment - Other

2

Description

Intervention group: Intervention group2: Massage will be done with the Hand Thenar and Thumb Finger, start from the heel to the toes with use of 3 cc of Noshad Almond oil for 10 Minutes brief pressure for every Foot.

Category

Treatment - Other

3

Description

Control group: Intervention group 3: Massage will be done with the Hand Thenar and Thumb Finger, start from the heel to the toes without use of oils for 10 Minutes brief pressure for every Foot.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Modarres Hospital

Full name of responsible person

Reza Mohammadpourhodki

Street address

Shahid Modarres

City

Kashmar

Province

Razavi Khorasan

Postal code

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Email

rezamdpoor@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Reza Mohammadpourhodki

Street address

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Shahroud

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3614773955

Phone

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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

Shahroud 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

Shahroud University of Medical Sciences

Full name of responsible person

Reza Mohammadpourhodki

Position

Educator

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Position

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

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

No - There is not 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

Not applicable

Data Dictionary

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