Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effect of therapeutic touch on pain and anxiety in patients with cancer

Protocol summary

Summary

Pain is the most common physical sign, and anxiety is the most common psychological symptom in cancer patients, both have negative impact on their quality of life and need appropriate intervention. Therapeutic Touch is a noninvasive nursing intervention done by hand through energy transmission. This research is an RCT, containing 3 groups of control, interventional, and placebo. The purpose of this study is to investigate the effect of therapeutic touch on pain and anxiety in cancer patients. Patients will be randomly assigned to three groups: intervention, placebo, and control group. Inclusion criteria: Male patients with cancer (without central nervous system metastasis); aged 20 to 65 years; with history of cancer at least for one year. Exclusion criterion: Unwillingness to continue participation in the study; not being able to complete the treatment sessions for any reason. In intervention group, participants will receive 7 sessions of therapeutic touch (healing energy) for 15 minutes; in placebo group, participants will receive sham therapeutic touch; and in control group, patients will receive routine treatment. Instruments include Brief Pain Inventory, Zung Self-rating Anxiety Scale.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201412094115N3**
Registration date: **2015-01-01, 1393/10/11**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-01-01, 1393/10/11

Registrant information

Name

Amir Tabatabaee

Name of organization / entity

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Country

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-09-21, 1394/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of therapeutic touch on pain and anxiety in patients with cancer

Public title

Effect of therapeutic touch on pain and anxiety in patients with cancer

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Informed consent of participants; male patients aged 20 to 65 years; Being conscious; cancer-related pain confirmed by physician; being diagnosed and treated at least for one year; possessing full consciousness and mental health; no history of depression and anxiety before the diagnosis; being in remission stage; no plan for surgery as treatment; no

history of using therapeutic touch. Exclusion criteria: Unwillingness to continue participation in the study; use of other methods of alternative medicine during study; need for surgery and invasive diagnostic procedures during study; painful events (accident, acute illness) leading to stress and anxiety during the study; marked change in the dosage of pain medication used (ordered by the physician or by the patient); deterioration of patient health status leading to inability to continue the treatment.

Age
From **20 years** old to **65 years** old

Gender
Male

Phase
N/A

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
Not used

Assignment
Parallel

Other design features
study have three group. control, intervention, placebo

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Mashhad University of Medical Sciences

Street address
ghorshi build, Daneshgah st.

City
Mashhad

Postal code
9185757976

Approval date
2014-10-25, 1393/08/03

Ethics committee reference number
93101

Health conditions studied

1

Description of health condition studied
Malignant neoplasms

ICD-10 code
C00-D48

ICD-10 code description
Malignant neoplasms

Primary outcomes

1

Description
pain

Timepoint
Before and after intervention, after 7th section

Method of measurement
Brief Pain Inventory(BPI)

2

Description
Anxiety

Timepoint
Before and after intervention, 4th section

Method of measurement
Zungs Self rating Anxiety Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Implementation of therapeutic touch for 15 min

Category
Other

2

Description
Placebo group: Implementation mimic therapeutic touch, hands hold far from patients body. This do to unification placebo and intervention group.

Category
Other

3

Description
Control group: routine treatment without intervention

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Omid Mashhad Hospital

Full name of responsible person
Dr. Sayeed Amir Aldavood
Street address
Omid Hospital, Kuhsangi st.
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
International Branch of Behesti University of Medical Sciences
Full name of responsible person
Keyandokhte Ghanati
Street address
19 Shahid Abbaspour st., Vali- Asr Ave.
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
International Branch of Behesti University of Medical Sciences
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
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty