

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Comparison of impact of Foot Reflexology Massage and Bensone Relaxation on severity of pain after cesarean section

Protocol summary

Summary

The objective of this clinical trial is to compare the effects of foot reflexology massage and Benson relaxation on reducing pain after Caesarean section. The study population was women undergoing cesarean section in the Baqiyatallah hospital. Ninety participants were randomly assigned to foot reflexology massage, Benson relaxation, or control groups. In the foot reflexology massage group, patients were placed in a comfortable position and both feet are massaged for ten minutes. In the Benson relaxation group after providing completely calm and quiet environment, the patients were asked to follow instructions and explanations of cassette operation during the implementation period to maintain their focus on relaxation for twenty minutes. Pain was evaluated immediately after reflexology massage and Benson relaxation. The control group did not receive any type of intervention and only intensity of pain was measured after twenty minute interval. The interventions were done twice a day for two days with 6-8 hours interval.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138904124299N1**

Registration date: **2010-08-29, 1389/06/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-08-29, 1389/06/07

Registrant information

Name

Jamileh Mokhtari Nouri

Name of organization / entity

Baghiatallah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 912 248 8525

Email address

mokhtari@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Baqiatallah University of Medical Sciences

Expected recruitment start date

2006-09-20, 1385/06/29

Expected recruitment end date

2006-11-07, 1385/08/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of impact of Foot Reflexology Massage and Bensone Relaxation on severity of pain after cesarean section

Public title

Impact of Foot Reflexology Massage and Bensone Relaxation on pain

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: having middle and higher levels of pain, no sensory or motor disorder Exclusion criteria: Unwillingness to participate or continue

Age

From **26 years** old to **55 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

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

Baqiatallah University of Medical Sciences

Street address

Araj Square, Aghdasieh

City

Tehran

Postal code

Approval date

empty

Ethics committee reference number

301

Health conditions studied

1

Description of health condition studied

Pain

ICD-10 code

R52.0

ICD-10 code description

Acute pain

Primary outcomes

1

Description

Intensity of pain

Timepoint

pre and post intervention

Method of measurement

pain scale 1-10

Secondary outcomes

empty

Intervention groups

1

Description

In the foot reflexology massage group, patients were placed in a comfortable position and both feet are massaged for ten minutes, twice a day for two days with 6-8 hours interval

Category

Other

2

Description

In Benson relaxation group after providing completely calm and quiet environment and minimizing environmental stimulation a sound player and a cassette were given to the patients. The patients were asked to follow the instruction and explanations of the cassette consisting breathing exercises, twice a day for two days with 6-8 hours interval.

Category

Other

3

Description

The control group did not receive any type of intervention and only intensity of pain was measured after twenty minute interval.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Baqiatallah Hospital

Full name of responsible person

Jamileh Mokhtari

Street address

Araj Square, Aghdasieh

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Baqiatallah University of Medical Sciences

Full name of responsible person

Hossein Majedi

Street address

Sheikh Bahaii, Vanak
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Baqiatallah 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

Name of organization / entity
Nursing School
Full name of responsible person
Jamileh Mokhtari
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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

Name of organization / entity
Baqiatallah University of Medical Sciences
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Masood Siratinir
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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