Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 messaged 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 messaged 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

Position

MsC/faculty member

Other areas of specialty/work

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Jamileh Mokhtari

Position

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Baqiatallah University of Medical Sciences

Full name of responsible person

Masood Siratinir

Position

MsC/faculty member

Other areas of specialty/work

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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