Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effects of pranayama Sukha and hand reflexology on anxiety and hemodynamic status of patients undergoing coronary angiography

Protocol summary

Summary

The study aimed to compare the effects of pranayama Sukha and hand reflexology on the anxiety and hemodynamic status of patients undergoing coronary angiography.the clinical trial is a three group type random sampling block. Patients who referred for coronary angiography for the first time and aquired an anxiety score of >= 43 are included.and would be excluded in the case of not tolerating. the sample size was 35 case in each group and a total of 105 cases. in the control group only the routine pre angiographic measures would be done. in the pranayama sukha beside the routine measures, the case would perform the same inhalation and exhalathion for 5 min under the supervision of researcher; in the reflexology intervention group for hand, the heart point relevent to the heart are touched in both hands by the the researcher in addition to routine measures. the anxiety level,hemodynamic status and the dysrhthmia of the case immediatly before/after and 5,30,60 min after the completion of intervention. in the present study the impact of interventions at the post interventional intervals would be examined and compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201308024655N6**
Registration date: **2016-01-24, 1394/11/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-01-24, 1394/11/04

Registrant information

Name

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Name of organization / entity

Kashan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of pranayama Sukha and hand reflexology on anxiety and hemodynamic status of patients undergoing coronary angiography

Public title

Compare the effect of pranayama breathing and hand reflexology on anxiety in patients undergoing coronary angiography

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: willing to participate in the study; for the first time the case is to be hospitalized for coronary angiography; having the hemodynamic stability prior to

angiography; no history of heart infarction and surgery; no current history of addiction to narcotics; no previous use of sedatives or anxiolytics,e.g propranolol, over 72 hours; no history of epilepsy and the known disorders of thyroid; having no local problems at the point of reflexology in hand; no positive history for pulmonary disorders; having an anxiety scare of >= 43. Exclusion criteria: unwillingness to participate in study; intolerance to intervention, unstable vital signs during the study and the occurance of any problems that the patient is no longer able to continue participating in the study

Age
No age limit

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

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Kashan University of Medical Sciences

Street address
Arctic Blvd Ravandi - Kashan University of Medical Sciences

City
Kashan

Postal code
87159/81151

Approval date
2010-09-23, 1389/07/01

Ethics committee reference number
IR.KAUMS.REC.1394.84

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F41.1

ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Anxiety

Timepoint
Before intervention - intervention after half an hour - an hour after the intervention.

Method of measurement
Trait Anxiety Inventory

2

Description
blood pressure

Timepoint
10 minutes before the intervention - after intervention - 5 minutes after the procedure - 30 minutes after the intervention.

Method of measurement
Millimeters of mercury

3

Description
Pulse

Timepoint
10 minutes before the intervention - after intervention - 5 minutes after the procedure - 30 minutes after the intervention.

Method of measurement
The number in minutes

4

Description
Breathing

Timepoint
10 minutes before the intervention - after intervention - 5 minutes after the procedure - 30 minutes after the intervention.

Method of measurement
The number in minutes

Secondary outcomes

1

Description
Heart disrhythm

Timepoint
Before intervention - within 30 minutes after the intervention.

Method of measurement
Using the List by cardiac monitoring

Intervention groups

1

Description

Hand reflexology intervention group, patients in the sitting position, the leg to the wrist, palm, fingers on the hands and the patient is 8 to 10 times by researcher massage. To perform this technique washed with warm water and massage therapist's hands with thumb and first left hand then right hand starts patient. The reflection of Cardiology includes (1) the solar plexus and diaphragm located in the center of the palm at the base of the tip of the middle finger,(2) thyroid and parathyroid glands are located on the side of rule of thumb,(3) lung in hand on the tip of the middle finger and ring finger, ring finger (4) heart in the palm of the hand below the lower lobe small, (5)- adrenal glands located above the tendon thumb about one-third the distance between the base of the index finger and wrist kidney (6)- located in the interior index finger is directly under the thumb tendon. Each of the reflection by the researcher thumb is pressed so that the patient felt the pressure but not pain. The massage is performed to the number specified in the image below. Reflection points 14 times in succession in a clockwise direction without being interrupted for a period of skin contact being massaged

Category

Other

2

Description

Pranayama breathing intervention Sukha: First, a general explanation of the method is given. Then the patient in the sitting position so that his hands resting on the thighs perfect legs, it is. The patient is asked to close their eyes to get a better internal focus. Svkha pranayama and relaxation through the nasal passages and on a regular basis with the use of lower, middle and upper lung sequentially performed for each inhalation and exhalation. Time to inhale and exhale in this type of breathing and respiratory rate of 6 per minute. Researchers using hypnosis spoken over the management of the patient's breathing, conscious use of all parts of the lungs provides patient. The patient is said to not think about anything except your breathing, breathe when doing strength and energy into your lungs and exhaled with action, tension, stress and disease out of the body. RR 6 times per minute with equal respiration by measuring the time taken by the stopwatch

Category

Other

3

Description

In addition to the routine care of patients in the control group of patients undergoing coronary angiography by simple massage will be 8 to 10 times

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Research Center for of Kashan Medical University

Full name of responsible person

Taghadsi Mohsen

Street address

Arctic Blvd Ravandi - Kashan University of Medical Sciences

City

Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan Medical University

Full name of responsible person

Hamidi Gholamali

Street address

Arctic Blvd Ravandi - Kashan University of Medical Sciences

City

Kashan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kashan Medical University

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

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Full name of responsible person

Taghadosi Mohsen

Position

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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