

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of Swedish massage on vital signs and mental toughness of elderly

Protocol summary

Study aim

Determining The effect of Swedish massage on vital signs and mental toughness of elderly in nursing home in Dezful

Design

Quasi Experimental clinical trial, before-after design with an intervention group. The sample size includes 80 elderly people who were selected by census method.

Settings and conduct

Dezful nursing home.the study begins After selecting the samples and obtaining informed consent . Before the intervention, the demographic information questionnaire is filled out by the samples. In the first 4 weeks, once a week in the morning, the Mental toughness Questionnaire is filled out by the samples and vital signs are measured in three positions: lying down, sitting and standing. In the second 4 weeks, once a week in the morning, a 30-minute massage is performed for the elderly. Once before the intervention and once after the intervention, data on mental toughness and vital signs such as the first 4 weeks are collected. Finally, the data will be analyzed using SPSS software.

Participants/Inclusion and exclusion criteria

The elder must be at least 65 years old. The elder is hospitalized in the nursing home, conscious and has mental stability

Intervention groups

The study is performed in 8 weeks, but no intervention is performed in the first 4 weeks. The intervention is performed in the second 4 weeks and one day every week. In this way, a massage therapist goes to the elderly bedside and gives Swedish massage for the elderly for 30 minutes (15 minutes back, 5 minutes neck, 5 minutes hands, 5 minutes legs).

Main outcome variables

vital signs, mental toughness

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170607034381N7**

Registration date: **2022-06-02, 1401/03/12**

Registration timing: **prospective**

Last update: **2022-06-02, 1401/03/12**

Update count: **0**

Registration date

2022-06-02, 1401/03/12

Registrant information

Name

Ferdos Pelarak

Name of organization / entity

Dezful Azad University

Country

Iran (Islamic Republic of)

Phone

+98 916 941 7091

Email address

pelarak.f@dums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-05, 1401/03/15

Expected recruitment end date

2022-08-06, 1401/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Swedish massage on vital signs and mental toughness of elderly

Public title

The effect of Swedish massage on vital signs and mental toughness of elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

The elder must be at least 65 years old
The elder is hospitalized in the nursing home
The elder is conscious and has mental stability

Exclusion criteria:

Age

From 65 years old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 80

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Gachsaran Islamic Azad University

Street address

کوی مدرس مجتمع دانشگاه

City

Gachsaran

Province

Kohgiluyeh-va-Boyer-Ahmad

Postal code

7581863876

Approval date

2021-12-15, 1400/09/24

Ethics committee reference number

IR.IAU.IAUG.REC.1400.005

Health conditions studied

1

Description of health condition studied

Vital signs

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Mental toughness

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Vital signs

Timepoint

The first 4 weeks: once a week in the morning and the second 4 weeks: once a week in the morning, before and after the intervention

Method of measurement

Mercury sphygmomanometer, thermometer, pulse and respiration rate count by the researcher

2

Description

Mental toughness

Timepoint

Mercury sphygmomanometer, thermometer, pulse and respiration rate count by the researcher

Method of measurement

Clough Mental Toughness Questionnaire (MTQ48)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: During 4 weeks (1 session per week) Swedish massage is performed for 30 minutes by a specialist for the elderly (15 minutes back, 5 minutes neck, 5 minutes hands and 5 minutes legs).

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Masoum nursing home
Full name of responsible person
Lale Sadeghian Pour
Street address
Shams Abad Road, Madar Alley
City
Dezful
Province
Khouzestan
Postal code
6133768342
Phone
+98 61 4237 9262
Email
info@behzisty-khz.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University
Full name of responsible person
معاونت پژوهشی دانشگاه آزاد اسلامی دزفول
Street address
Islamic Azad University of Dezful
City
Dezful
Province
Khouzestan
Postal code
6461645169
Phone
+98 61 4242 0606
Email
info@iaud.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Islamic Azad University

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
Islamic Azad University
Full name of responsible person

Seyede Fateme Zakipour
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
Islamic Azad University of Dezful
City
Dezful
Province
Khouzestan
Postal code
6461645169
Phone
+98 61 4242 0606
Email
Fatemezakipour80@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Seyede Fateme Zakipour
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
Islamic Azad University of Dezful
City
Dezful
Province
Khouzestan
Postal code
6461645169
Phone
+98 61 4242 0606
Email
Fatemezakipour80@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Seyede Fateme Zakipour
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
Islamic Azad University of Dezful

City

Dezful

Province

Khouzestan

Postal code

6461645169

Phone

+98 61 4242 0606

Email

Fatemezakipour80@gmail.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

All data is potentially shareable after unidentifiable individuals

When the data will become available and for how long

En 12 months after the results are published

To whom data/document is available

Researchers working in scientific and academic institutions

Under which criteria data/document could be used

According to the terms and conditions of Dezful Azad University, the data can be used

From where data/document is obtainable

Email:fatemezakipour80@gmail.com

What processes are involved for a request to access data/document

Written request and consent of the Executor of the project and colleagues

Comments