

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 2026

### Effect of slow stroke back massage on hemodialysis patient fatigue

#### Protocol summary

##### Summary

The purpose of this study is to determine the effect of back massage therapy by slow stroke procedure on Fatigue score in hemodialysis patients. This study is a randomized controlled trial. Participants will be 56 patients undergoing hemodialysis in Bou-Ali hospital in Ardebil. The main inclusion criteria is having medical record in Bou-Ali hospital in Ardebil and the main exclusion criteria is the fatigue score below 3 according to piper fatigue scale. First all the patients fill the fatigue scale. Then patients with fatigue score over 3, after giving conscious consent, will be divided into control or intervention group. Intervention group will receive massage therapy 3 days each week for 4 weeks. Control group will receive no specific intervention. 15 days and 4 weeks later, fatigue scale will be filled again by intervention group and 4 weeks later by control group. Fatigue scores will be compared between 2 groups and before and after intervention in each group.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201211046801N2**

Registration date: **2012-12-14, 1391/09/24**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2012-12-14, 1391/09/24

##### Registrant information

##### Name

Hadi Hassankhani

##### Name of organization / entity

Tabriz university of medical sciences and health services

##### Country

Iran (Islamic Republic of)

##### Phone

+98 41 1479 0364

##### Email address

hassankhanih@tbzmed.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Tabriz university of medical sciences

##### Expected recruitment start date

2013-01-20, 1391/11/01

##### Expected recruitment end date

2013-02-19, 1391/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of slow stroke back massage on hemodialysis patient fatigue

##### Public title

Effect of massage therapy on hemodialysis patient fatigue

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: Dialysis patient who have medical documentary in dialysis ward and experience hemodialysis at least 3 months. Exclusion criteria: Fatigue score below 3.

##### Age

From **18 years** old to **65 years** old

##### Gender

Both

##### Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 56

## 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

Tabriz University of medical sciences ethics committee

##### Street address

nursing and midwifery faculty of Tabriz

##### City

Tabriz

##### Postal code

51745347

#### Approval date

2010-08-20, 1389/05/29

#### Ethics committee reference number

91123

## Health conditions studied

### 1

#### Description of health condition studied

fatigue in hemodialysis patient

#### ICD-10 code

Z99.2

#### ICD-10 code description

Dependence on renal dialysis

## Primary outcomes

### 1

#### Description

Fatigue score

#### Timepoint

Once before intervention and again 15 days and 4weeks after intervention

#### Method of measurement

According to piper fatigue scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

In this study intervention group will receive slow stroke back massage 3 days each week for 1 month and every time for 10 minutes in hours between 15-19

#### Category

Rehabilitation

### 2

#### Description

control group will not receive any intervention

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Bouali Hospital of Ardabil

##### Full name of responsible person

Mina Nahamin - Msn student of care

##### Street address

Bouali Hospital, Saheli street

##### City

Ardebil

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Tabriz University of medical sciences

##### Full name of responsible person

Dr Sakineh Mohammad Alizadeh

##### Street address

Nursing and Midwifery faculty, south Shariati S.

##### City

Tabriz

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Tabriz 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*

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**Fax****Email**

hassankhanih@tbzmed.ac.ir

**Web page address****Person responsible for general inquiries****Contact****Name of organization / entity**

Tabriz University of medical sciences

**Full name of responsible person**

Dr Hadi Hassankhani

**Position**

Assistant Professor

**Other areas of specialty/work****Street address**

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Tabriz university of medical sciences

**Full name of responsible person**

Mina Nahamin

**Position**

MS student of nursing

**Other areas of specialty/work****Street address**

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**City**

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mina.nahamin@yahoo.com

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Tabriz University of medical sciences

**Full name of responsible person**

Dr Hadi Hassankhani

**Position**

Nursing PhD

**Other areas of specialty/work****Street address**

Nursing and Midwifery faculty, south Shariaty St.

**City**

Tabriz

**Postal code****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*