

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparing the effects of reflexology and acupressure on acute abdominal pain and depression in patients with colorectal cancer

Protocol summary

Study aim

Comparing the effect of reflexology and acupressure on acute abdominal pain and depression in patients with colorectal cancer

Design

Clinical trial with parallel groups (reflexology, acupressure), randomized, on 60 patients. For randomization, the block method of 4 was used, as this sequence was produced by the randomization site.

Settings and conduct

Omid, Imam Reza and Qaim hospitals in Mashhad

Participants/Inclusion and exclusion criteria

The diagnosis of colorectal cancer was given by the doctor and the patient's file: they can read and write: they are between 18 and 60 years old: they don't have neurological disorders: the Beck-2 Depression Questionnaire score is above 13: the presence of mild to severe pain according to the scale visual pain and scoring between 2 and 10

Intervention groups

1. Reflexology 2. Acupressure

Main outcome variables

depression; Acute abdominal pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231005059626N1**

Registration date: **2024-02-11, 1402/11/22**

Registration timing: **registered_while_recruiting**

Last update: **2024-02-11, 1402/11/22**

Update count: **0**

Registration date

2024-02-11, 1402/11/22

Registrant information

Name

Ehsan Khazaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 9151 1234

Email address

khazaeiehsan3@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-12-22, 1402/10/01

Expected recruitment end date

2024-06-21, 1403/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effects of reflexology and acupressure on acute abdominal pain and depression in patients with colorectal cancer

Public title

Comparing the effects of reflexology and acupressure on acute abdominal pain and depression in patients with colorectal cancer

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

The diagnosis of colorectal cancer has been given by the doctor and the patient's file. Be literate in reading and writing. The minimum hospitalization period is 4 weeks.

able to receive acupressure and reflexology intervention

Exclusion criteria:
Speech and hearing problems. Neurological disorders
Lower skeletal disorders A stressful event in the past 6 months (eg death of a close relative) Attending a similar study Using traditional medicine agents to relieve pain and depression 1 week before the start of the exam

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
The sampling method will be done in an accessible manner, so that each research unit after entering the study will be based on a random sequence created by the block method of 4. This sequence will be generated by the randomization site and will be kept in a sealed envelope. accepted. The samples will be divided into two acupressure groups and reflexology groups.

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

Mashhad university of medical science

Street address

Daneshghah Ave.

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Approval date

2024-02-10, 1402/11/21

Ethics committee reference number

IR.MUMS.NURSE.REC.1402.109

Health conditions studied

1

Description of health condition studied

Colorectal cancer

ICD-10 code

C00-D48

ICD-10 code description

Colorectal cancer

Primary outcomes

1

Description

Depression score in BDI-II questionnaire

Timepoint

Before the intervention and immediately after the last session

Method of measurement

BDI-II depression questionnaire

2

Description

Severity of acute abdominal pain with VAS

Timepoint

Bell from the intervention (baseline) and immediately after each intervention for a period of 4 weeks

Method of measurement

VAS

Secondary outcomes

empty

Intervention groups

1

Description

first Intervention group: Reflexology

Category

Rehabilitation

2

Description

second Intervention group: Acupressure

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Omid hospital

Full name of responsible person

Ehsan Khazaei fadafen

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Kuksangi St

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2**Recruitment center****Name of recruitment center**

Ghaem Hospital

Full name of responsible person

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3**Recruitment center****Name of recruitment center**

Emam Reza Hospital

Full name of responsible person

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Seyyed Musa Mehdizadeh

Street address

East door of Ferdowsi University, Public Relations

Department of the University

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mashhad University of Medical Sciences

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**

Mashhad University of Medical Sciences

Full name of responsible person

Ehsan Khazaei

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

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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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The information will be published through the article resulting from the project.

When the data will become available and for how long

The information will be published through the article resulting from the project.

To whom data/document is available

The information will be published through the article resulting from the project.

Under which criteria data/document could be used

The information will be published through the article resulting from the project.

From where data/document is obtainable

Administrator's email

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

Administrator's email

Comments