

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Foot reflexology impact on physiological parameters, pulmonary function and quality of life in patients with chronic obstructive pulmonary disease

Protocol summary

Summary

This study aimed to evaluate the effect of reflexology on physiological parameter , pulmonary functions and quality of life in men above 50 years. Patients with moderate to severe chronic obstructive pulmonary disease. Degree Qualified randomly divided into two groups.The first group of massage1 time for 6 weeks for 40 minutes with olive oil on both feet. The general foot massage and 10 minutes from the 10 minutes of the lungs and chest compressions should be performed. The control group did not receive anything.Quality of life questionnaire and lung function form for both groups After the last session was completed.To Physiologic parameters as the primary out come in this study is considered.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201212176918N14**

Registration date: **2013-01-12, 1391/10/23**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-01-12, 1391/10/23

Registrant information

Name

Alehe Seyedrasooli

Name of organization / entity

Faculty of Nursing & Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 41 1479 0365

Email address

seyedrasooly@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy for research, Tabriz University of Medical Sciences

Expected recruitment start date

2013-01-20, 1391/11/01

Expected recruitment end date

2013-05-22, 1392/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Foot reflexology impact on physiological parameters, pulmonary function and quality of life in patients with chronic obstructive pulmonary disease

Public title

Foot Massage

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Male patients 50 years and older,Patients with moderate to severe chronic obstructive pulmonary disease,A relative independence in activities of daily living, A willingness and interest in participating in the study,Were married and living in a suburb of Tabriz Exclusion criteria: Having a chronic illness duck the other, Having problems on foot including blood problems, Participate in other similar studies in the past 6 months, Use of other complementary and alternative medicine methods in the study

Age

To **50 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

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**

Tabriz University Of Medical Sciences

Street address

Shariety South St. Faculty of Nursing & Midwifery,
Tabriz, Iran

City

Tabriz

Postal code

5138947979

Approval date

2012-12-26, 1391/10/06

Ethics committee reference number

8447/10

Health conditions studied**1****Description of health condition studied**

Chronic Obstructive Pulmonary Disease

ICD-10 code

J44.1

ICD-10 code description

With Acute Exacerbation

Primary outcomes**1****Description**

Physiological index

Timepoint

Once a week, before and after

Method of measurement

Using a blood pressure sphygmomanometer in millimeters of mercury, Heart rate and oxygen saturation by pulse oximetry

Secondary outcomes**1****Description**

Lung Function

Timepoint

Baseline and 6 weeks after the intervention

Method of measurement

Lung function with Spiro meter

2**Description**

Quality of life

Timepoint

Baseline and 6 weeks after the intervention

Method of measurement

Quality of life using the St George's Questionnaire Form
Quality of Life

Intervention groups**1****Description**

The foot reflexology group, Reflexology in certain parts of the lungs in detail below metatarsophalangeal joint between the fingers and feet are the first times a week for 6 weeks hospital room at the hospital respirators Imam Reza (AS) In morning business for 40 minutes using olive oil in a supine position with both feet 20 minutes for each leg), 10 minutes from the general foot massage and 10 minutes of the lungs and chest compressions are performed.

Category

Rehabilitation

2**Description**

In the control group, there was no action.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Center of Imam Reza (AS)

Full name of responsible person

hossein kalantary segayesh

Street address

Shariety South St. Faculty of Nursing & Midwifery,

Tabriz, Iran

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Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Tabriz University of Medical Sciences

Full name of responsible person

Dr, Ali Shakory

Street address

Shariety South St ; Faculty of Nursing & Midwifery of
Tabriz

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Deputy of 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

Person responsible for general inquiries

Contact

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz University Of medical Sciences

Full name of responsible person

Alehe Seyyedrasooly

Position

Msn Student

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

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