

# 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 massage 1 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 outcome 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**

Physiologycal 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 feet20 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 &amp; Midwifery,

Tabriz, Iran

**City**

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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seyyedrasooly@tbzmed.ac.ir

**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*