Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison between hand reflexology and acupressure on anxiety and hemodynamic parameters in female patients with acute coronary syndrome

Protocol summary

Summary

This study is a clinical trial double blind, a sample size of 135 would be on the basis of sample size and sampling method is determined according to previous studies and then assigned to three groups, reflexology, acupressure, and placebo. Before the intervention for each group will be measured spielberger's anxiety form hemodynamic parameters. In the intervention group, reflexology hand in the heart reflected by the researcher, for 10 minutes (5 minutes for each hand) and acupressure points for the P6 (With 10 minutes(played. In the placebo group receive hand acupuncture on lobe of pulex with the same sample pressure for 10 minutes (5 minutes for each hand) is done. Immediately after the intervention and again half an hour later hemodynamic parameters & spilberger anxiety form will be measured

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201703287529N13**
Registration date: **2017-04-03, 1396/01/14**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-04-03, 1396/01/14

Registrant information

Name

Nahid Rejeh

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

Phone

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Email address

reje@shahed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Shahed University

Expected recruitment start date

2017-02-12, 1395/11/24

Expected recruitment end date

2017-07-15, 1396/04/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between hand reflexology and acupressure on anxiety and hemodynamic parameters in female patients with acute coronary syndrome

Public title

Comparison the Effect of between hand reflexology and acupressure on the level of anxiety & hemodynamic parameters on Patients with heart disease

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Patients’ willingness to participate in this study; Being diagnosed with the acute coronary syndrome by the physician; having no drug addiction; having no sensory disorders, infectious wounds, burns; having severe shortness of breath; lack of pacemaker pulse is less than 60; no amputation (hand); no problems or diseases of the skin at the site of intervention; cancer;

history of bone fracture in the previous 2 months; lack of therapeutic massage and acupressure; without pregnancy Exclusion criteria: being transferred to another ward; patient’s unwillingness to continue the collaboration in this study; receiving warfarin, the incidence of cardiopulmonary arrest in the past week; physicions disagreement(acute condition & loss of contiousness,..)

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

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **135**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Shahed University

Street address
Shahed University, Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway, Tehran.

City
Tehran

Postal code

Approval date
2017-02-12, 1395/11/24

Ethics committee reference number
IR.Shahed.REC.1395.171

Health conditions studied

1

Description of health condition studied
acute coronary syndrome

ICD-10 code
I20,25

ICD-10 code description
Ischaemic heart diseases

Primary outcomes

1

Description
Anxiety

Timepoint
Prior to the intervention, immediately after the intervention and a half hours

Method of measurement
Speilberger's anxiety inventory

Secondary outcomes

1

Description
Blood pressure

Timepoint
Prior to the intervention, immediately after the intervention and a half hours

Method of measurement
checklist

2

Description
Respiratory rate

Timepoint
Prior to the intervention, immediately after the intervention and a half hours

Method of measurement
checklist

3

Description
Pulse rate

Timepoint
Prior to the intervention, immediately after the intervention and a half hours

Method of measurement
checklist

4

Description
Oxygen saturation

Timepoint
Prior to the intervention, immediately after the intervention and a half hours

Method of measurement
pulse oximeter

5

Description
Mean blood pressure

Timepoint
Prior to the intervention, immediately after the

intervention and a half hours

Method of measurement

checklist

Intervention groups

1

Description

Hand Reflexology group : first demographic profile questionnaire and hemodynamic parameters of the complete disease information and spilberger measurements will be recorded, and then message is done in the way that solar, plexus, Pituitary, brain, heart, intestines, vertebral column and finally adrenal and kidney for 10 minutes are triggered point wise . The intervention is performed first right hand then left hand. . Then immediately press will be half an hour Anxiety and hemodynamic parameters will be measure again and the next record will be done.

Category

Other

2

Description

The Group intervene acupressure: first demographic profile questionnaire and hemodynamic parameters of the complete disease information and spilberger measurements will be recorded, and then pressure will be done on the P6 point of two hands for5 minutes & yintang point.when the patient has a heat &pressure &stolidity sense on acupressure points confirmed the validity of points. The intervention is performed first right hand then left hand. In each hand, for 5 minutes and then immediately press will be half an hour Anxiety and hemodynamic parameters will be measure again and the next record will be done.

Category

Treatment - Other

3

Description

The placebo group who will be receive hand acupuncture on lobe of pulex with the same sample pressure. The intervention will be performed on first right hand then left hand. Anxiety and hemodynamic parameters measured again and the next record will be done.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Martyr Rajaei Hospital

Full name of responsible person

Zohreh Rahmani

Street address

City

karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahed University Vice chancellor for research

Full name of responsible person

Dr. Zahra Kiasalari

Street address

Shahed University, Opposite to Holy Shrine Of Imam Khomeini, Tehran-Qom Express Way, Tehran.

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahed University Vice chancellor for research

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

Name of organization / entity

Shahed University

Full name of responsible person

Dr. Nahid Rejeh

Position

Associate Professor

Other areas of specialty/work

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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