Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of foot reflexology on fatigue in hemodialysis patients in North Khorasan, Iran

Protocol summary

Summary

Dialysis is a treatment for patients with chronic renal failure, which is used to correct water and electrolyte. Fatigue is a common side effect of hemodialysis. Thus, using a non-invasive and non-pharmacological methods to control and reduce fatigue is required. One of these methods is foot reflexology. This study investigated the effects of foot reflexology on fatigue in patients undergoing hemodialysis is performed. 75 dialysis patients were randomly assigned to three groups, placebo and control are divided. Fatigue in all three groups will be measured using the Piper Fatigue Scale. Foot reflexology intervention group during the dialysis, and dialysis will be carried out over an hour of the start time. If the patient is asked to close his eyes and be in a relaxed state. Then after a gentle massage with the thumb on the solar plexus Direct Push enter it each foot for 10 minutes, 3 times a week, for 4 weeks will do. In the placebo group in other parts of the foot massage reflexology points will be measured in the control group will receive routine care during dialysis. Finally, once the fatigue questionnaire will be completed for each of the three groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201307077821N5**
Registration date: **2013-09-10, 1392/06/19**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-09-10, 1392/06/19

Registrant information

Name

Leila Mahasti Jouybari

Name of organization / entity

Golestan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Research Deputy of Golestan University Of Medical Sciences

Expected recruitment start date

2013-04-07, 1392/01/18

Expected recruitment end date

2013-08-12, 1392/05/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of foot reflexology on fatigue in hemodialysis patients in North Khorasan, Iran

Public title

Effect of foot reflexology on fatigue in hemodialysis patients

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 18 years and over; with kidney disease stage and constantly under hemodialysis; a week 3 times a 4-hour hemodialysis; a minimum of three months of hemodialysis be obtained from Piper fatigue

scale score of 4 or more; do not have amputation or ulcer at the site of reflexology is that the feet of the study area. Exclusion criteria: during the study, patients undergoing peritoneal dialysis or a kidney transplant to take place; be deterred from continuing to participate in the study.

Age
From **18 years** old to **149 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **75**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Golestan University Of Medical Sciences, Gorgan, Iran

Street address
Kilometer 2 Goran-Sari-Golestan University Of Medical Sciences gorgan Golestan Iran, Islamic Republic Of

City
Gorgan

Postal code
49165568

Approval date
2013-03-17, 1391/12/27

Ethics committee reference number
35619112273

Health conditions studied

1

Description of health condition studied
fatigue in hemodialysis patients

ICD-10 code
Z49

ICD-10 code description
Care involving dialysis

Primary outcomes

1

Description
Fatigue

Timepoint
Before and after the intervention

Method of measurement
Piper Fatigue Scale

Secondary outcomes

empty

Intervention groups

1

Description
Foot reflexology intervention group for 20 minutes (10 minutes for each leg) 3 times a week, for 4 weeks will do.

Category
Treatment - Other

2

Description
Foot massage points in the placebo group in the points other than in the standard locations specified in reflexology for 20 minutes (10 minutes for each leg) 3 times a week, for 4 weeks will do.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Emam Ali Teaching Hospital

Full name of responsible person
mostafa roshan ravan

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Golestan University of Medical Sciences, Shastkola, Gorgan, Golestan, Iran Golestan Islamic Republic Of Iran,

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research Deputy of Golestan University Of Medical Sciences معاونت تحقیقات و فنا

Full name of responsible person
Dr Mohamad Jafar Golalipour

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Golestan University Of Medical Sciences, ShastKolam Gorgan, Iran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Deputy of Golestan University Of Medical Sciences معاونت تحقیقات و فنا

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

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Position

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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