Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of trigger points reflexology on pain in pathiants with migraine headache

Protocol summary

Summary

The aim of this study was to evaluate the effect of reflexology trigger points on pain of a migraine headache patients referred to clinic Imam Reza (AS) in Shiraz at 1395. The study in the clinic of Imam Reza (AS), which is affiliated to Shiraz University of Medical Sciences is done in 81 patients with migraine headaches that are eligible to be enrolled in the study after obtaining written informed consent. Initially for 1 month questionnaire to all individuals in terms of intensity, duration and number of headache are frequent. Then people into three groups divided : placebo, control and intervention. Intervention and placebo groups received 8 sessions of massage, each for 20 minutes but did not cause any interference in the control group. During this period, the three groups (2) to fill out the questionnaire. After a month in the intervention and placebo groups will follow.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201410278505N13**
Registration date: **2017-06-06, 1396/03/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-06-06, 1396/03/16

Registrant information

Name

Seyed Saeed Najafi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1727 7445

Email address

najafisa@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology, Shiraz University of Medical Sciences

Expected recruitment start date

2017-01-20, 1395/11/01

Expected recruitment end date

2017-05-22, 1396/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of trigger points reflexology on pain in pathiants with migraine headache

Public title

The Effect of Reflexology on Migraine

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:The age range 20 to 55 year; Diagnosed migraine at least six months after; Diagnosis by Neurologist;At least primary education to health in the legs, especially on the soles of the feet and toes member;Possession and higher average pain severity (based on a numeric scale of pain intensity 3 and and more by criteria NRS); No member of the medical professions of physical (based on self-report or file) Exclusion criteria: Lack of desire to continue cooperation; Catching to patients with diabetes or a history of arthritis; Having inflammation of peripheral neuropathy,

skin ulcer, infection of the lower extremities; Drug addiction, sedatives, alcohol; Risk of clotting problems

Age
From **20 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **81**

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
Ethics Committee of Shiraz University of Medical Sciences

Street address
Zand Blvd، 7 th floor, Shiraz University of Medical Sciences, Shiraz, Iran

City
shiraz

Postal code
713451978

Approval date
2017-04-17, 1396/01/28

Ethics committee reference number
IR.SUMS.REC.1396.15

Health conditions studied

1

Description of health condition studied
Migraine

ICD-10 code
G43

ICD-10 code description
Migraine

Primary outcomes

1

Description
Severe Of Headache

Timepoint
Before the intervention,Immediately after the start of Massage

Method of measurement
NRS: Numeric Rating Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:Previous drug use In addition, foot massage trigger points for 20 minutes, twice a week for 8 sessions.

Category
N/A

2

Description
Placebo: Previous drug use In addition massage foot ceilings point for 20 minutes, twice a week and for 8 sessions.

Category
N/A

3

Description
Control group: Only eat previous drugs without intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Clinic of Imam Reza

Full name of responsible person
Hasan Arjmand

Street address
clinic of Imam Reza (AS), Namazi Square, Shiraz, Iran

City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellery for research affairs
Full name of responsible person
Dr Sayed Basir Hashemi
Street address
Shiraz University of Medical Sciences, Zand street
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellery for research affairs
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
Shiraz University of Medical Sciences
Full name of responsible person
Sayed Saeed Najafi
Position
Master of Nursing
Other areas of specialty/work
Street address
School of Nursing and Midwifery, Namazi Hospital, Namazi square, Shiraz
City
Shiraz
Postal code
713451978
Phone
+98 71 3626 7101
Fax
Email
Najafisa@sums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Seyed Saeed Najafi
Position
Master of Nursing
Other areas of specialty/work
Street address
School of Nursing and Midwifery, Namazi Hospital, Namazi Square, Shiraz
City
Shiraz
Postal code
713451978
Phone
+98 71 3626 7101
Fax
Email
Najafisa@sums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Hasan Arjmand
Position
Mcs of Nursing
Other areas of specialty/work
Street address
School of Nursing and Midwifery,Namazi square,Namazi Square,Shiraz
City
Shiraz
Postal code
Phone
+98 71 3825 7879
Fax
Email
H_Arjomand2012@yahoo.com
Web page address

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