

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 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 chancellor 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 chancellor 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

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 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