

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of foot reflexology on blood pressure in elderly patients with hypertension

Protocol summary

Summary

One Foot reflexology massage therapy in complementary medicine, and massage therapy group manually. Foot reflexology is based on the idea that each of the organs of an area corresponding to the foot reflexology, hand to ear. Until now, many studies of foot reflexology massage as a nursing intervention noninvasive different conditions studied have. This study aimed to determine the effect of foot reflexology on blood pressure in elderly patients with hypertension takes place. Present study, 52 elderly patients with hypertension according to criteria Sign In: 1 - diagnosed with hypertension, 2 - not with vascular disorders feet, 3 - lack of diabetes, kidney disease, 4 - normal lower extremity, 5 - lack of infectious Diseases foot (tinea pedis, and plantar warts.), 6 - consent to participate in the intervention criterion for exclusion: 1 - being sensitive to foot massage, 2 - any abnormalities in blood pressure during treatment, 3 - Any problems involved heart and other organs intervention impossible, and 4 does not continue cooperation from the study of random easy two intervention and control are divided. intervention group received reflexology massage for 30 minutes (15 minutes for each leg) occurs. measure the main outcome measures of systolic blood pressure and diastolic pressure by pressure gauge mercury be done. Outcomes studied included hypertension survey response rate is foot reflexology.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014030816896N1**
Registration date: **2014-07-26, 1393/05/04**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-07-26, 1393/05/04

Registrant information

Name

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Name of organization / entity

Gonabad University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2014-04-21, 1393/02/01

Expected recruitment end date

2014-06-22, 1393/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of foot reflexology on blood pressure in elderly patients with hypertension

Public title

Effect of foot reflexology on blood pressure in elderly patients with hypertension

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: 1. Diagnosed with hypertension 2. Not

suffering from vascular disorders feet 3. Absence of diabetes, kidney disease 4. Healthy lower limb 5. Lack of Infectious Diseases foot (tinea pedis, and plantar warts.) 6. Consent to participate in the intervention Exclusion criteria: 7. Being sensitive to foot massage 8. Any disruption in blood pressure during intervention 9. Any disorder of the heart and other organs are involved, which makes it impossible to intervene 10. Lack of cooperation from the study

Age

From **59 years** old to **89 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **52**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Gonabad University of Medical Sciences

Street address

road edges Asia - GONABA-Khorasan Razavi-Iran

City

Gonabad

Postal code

Approval date

2014-01-21, 1392/11/01

Ethics committee reference number

gmu.rec.1392.48

Health conditions studied

1

Description of health condition studied

Hypertension

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Hypertension

Timepoint

10 minutes before the intervention, 5 and 30 minutes after the intervention.

Method of measurement

Using a mercury sphygmomanometer according mmHg

2

Description

Pulse rate

Timepoint

10 minutes before the intervention, 5 and 30 minutes after the intervention.

Method of measurement

Pulse palpation in a minute through the brachial pulse.

3

Description

Respiration rate

Timepoint

10 minutes before the intervention, 5 and 30 minutes after the intervention.

Method of measurement

Breaths per minute with a visual observation of chest movements.

Secondary outcomes

empty

Intervention groups

1

Description

Controls: foot reflexology massage for 30 minutes (15 minutes for each leg) for this group was not conducted.

Category

N/A

2

Description

Intervention group: foot reflexology massage for 30 minutes (15 minutes for each leg) was performed.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center
15 Khordad ByInd Health center
Full name of responsible person
Pordel
Street address
City
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2

Recruitment center
Name of recruitment center
Ayatollah Madani Health centers
Full name of responsible person
Ghadimi far
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Person responsible for scientific inquiries

Contact
Name of organization / entity
Gonabad University of Medical Sciences
Full name of responsible person
Maryam Eshghizadeh
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Gonabad University of Medical Sciences
Full name of responsible person
Ali Delshad
Street address
Research Assistant- road edges Asian
City
Gonabad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Gonabad 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 updating data

Contact
Name of organization / entity
Gonabad University of Medical Sciences
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Person responsible for general inquiries

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Street 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