# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

02 Nov 2026

## Comparison of foot and hand Reflexology on fatigue in patients undergoing hemodialysis

### Protocol summary

**Summary**

Fatigue is the most common symptom reported by patients undergoing hemodialysis. This study aimed to investigate the effect of foot reflexology massage and hand fatigue patients on dialysis; and if approved foot and hand reflexology massage effect and compare the two methods in reducing fatigue in patients undergoing hemodialysis and if the results are equal foot reflexology massage hand, because of its convenience for patients and nurses, and also teach patients to use this method, you can place the palms reflexology massage foot reflexology massage can be used to reduce or eliminate fatigue in these patients. This study is a randomized clinical trial in men and women in the study population hemodialysis Hashemi Nejad Hospital Tehran, Iran. Random assignment in three foot reflexology massage, reflexology massage and hand control is performed. Reflexology massage for test procedures and duration of the program is described. In the intervention group for the 3-point massage, reflexology foot and hand reflexology, including the pituitary gland, solar plexus and the kidney is performed. On each of these points reflexology are a total of 3 minutes on both feet and both hands for about 20 minutes takes. Foot and hand reflexology massage 2 times a week, each session lasting 20 minutes and 5 weeks is done by a trained researcher. After the end of the third week and the fifth week fatigue set the scale to be completed by both groups. After completing this scale, according to the scores obtained, tired in the classification of patients: fatigue, mild (39-10), moderate fatigue (54-40) and fatigue (70-55) placed.

### General information

**Acronym**

Reflexology

**IRCT registration information**

IRCT registration number: **IRCT201312222226N12**

Registration date: **2014-03-03, 1392/12/12**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

**Registration date**

2014-03-03, 1392/12/12

**Registrant information**

**Name**

Mansooreh Aliasgharpour

**Name of organization / entity**

Nursing & midwifery faculty, Tehran University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

+98 21 6693 7120

**Email address**

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**Recruitment status**

**Recruitment complete**

**Funding source**

Nursing and Midwifery Research Center, Tehran University of Medical Sciences

**Expected recruitment start date**

2014-02-19, 1392/11/30

**Expected recruitment end date**

2014-03-21, 1393/01/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of foot and hand Reflexology on fatigue in patients undergoing hemodialysis

**Public title**
Comparison of foot and hand Reflexology on fatigue in patients undergoing hemodialysis
**Purpose**
Supportive
**Inclusion/Exclusion criteria**
Inclusion criteria: age at least 18 years old and at least 6 months of dialysis; willingness to participate in this study; being on the list and do the weekly dialysis three times a week, each time for 3 or 4 hours of hemodialysis; having full awareness, listening and speaking ability acceptable to answer questions; to develop a degree of fatigue on the Fatigue Severity Scale; lack of fever and bleeding and thrombosis, numbness or paralysis of the limbs. Exclusion criteria: in case of the any of these conditions during the study, the unit of study will be excluded: patients died during the study; transplantation during the study; any condition in which the patient's foot or hand reflexology massage; did not cooperate with the investigator during study and hemodynamic instability during hemodialysis.
**Age**
From **18 years** old to **90 years** old
**Gender**
Both

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **90**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
**Blinding (investigator's opinion)**
Single blinded
**Blinding description**
**Placebo**
Not used
**Assignment**
Parallel
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Nursing ethics committee of Tehran University of Medical Sciences
**Street address**
squar toohid-nursing&midwifery facultyTehran University of Medical Sciences-tehran-iran
**City**
Tehran
**Postal code**
1419733171
**Approval date**
2014-01-20, 1392/10/30
**Ethics committee reference number**
92/130/2416/د

## 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 reduces the hand and foot reflexology massage
**Timepoint**
Before the intervention, the end of the third week, the fifth week
**Method of measurement**
Fatigue Questionnaire (Fss)

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Foot reflexology massage 2 times a week, each session lasting 20 minutes and 5 weeks is done by a trained researcher.In the Beginning and After the end of the third week and the fifth week fatigue set the scale to be completed by intervention group1.
**Category**
Other

### 2

**Description**
The control group received no intervention. In the Beginning and After the end of the third week and the fifth week fatigue set the scale to be completed by control group .
**Category**
Other

### 3

**Description**
Hand reflexology massage 2 times a week, each session lasting 20 minutes and 5 weeks is done by a trained researcher.In the Beginning and After the end of the third week and the fifth week fatigue set the scale to be

completed by intervention group2.

**Category**

Other

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

Shahid Hashemi Nejad hospital, Iran University of Medical Sciences

**Full name of responsible person**

Mansooreh Aliasgarpour

**Street address**

valinejad st.-squar vanak- valiasr street

**City**

Tehran

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Dr. Masoud Yonesian

**Street address**

Central Building of Tehran University of Medical Sciences, Qods St., Keshavarz Blvd.

**City**

Keshavarse bulvar, Ghods street

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Tehran 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 general inquiries

**Contact**

**Name of organization / entity**

Faculty of Nursing & Midwifery,Tehran University of Medical Sciences

**Full name of responsible person**

Sayyed Abdolmotallab Hassani

**Position**

MSc nursing

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*