Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effect of Foot Reflexology Massage on Physiological Indices in Stroke Patients

Protocol summary

Study aim
The Effect of Foot Reflexology Massage on Physiological Indices in Stroke Patients
Design
A clinical trial with a control group, one-blind, randomized on 60 patients
Settings and conduct
This study was performed on patients with stroke in the neurology department of Ali Ibn Abi Taleb Hospital in Rafsanjan.
Participants/Inclusion and exclusion criteria
Inclusion criteria: Diagnosis of stroke; GCS over 7; age over 30 years; heart rate greater than 60 beats per minute; temperature greater than 36.5 °C and systolic blood pressure higher than 90. Non inclusion criteria: Arrhythmia; taking nitroglycerin-dopamine and Dobutamine drugs; have a history of drug abuse (addiction); not tolerating the intervention and having a history of mental illness.
Intervention groups
In the Intervention group, the researcher carries a reflective massage for 30 minutes (15 minutes for each foot). In this method, reflection points of soles (solar network and the pituitary related points) are pressed using the index and thumbs fingers. Control group receive simple massage on the foot.
Main outcome variables
Blood pressure; heart rate; temperature; respiration; percentage of arterial oxygen saturation

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20180304038936N3**
Registration date: **2018-09-04, 1397/06/13**
Registration timing: **registered_while_recruiting**
Last update: **2018-09-04, 1397/06/13**
Update count: **0**
Registration date
2018-09-04, 1397/06/13

Registrant information
Name
Ahmadreza Sayadi
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-04-23, 1397/02/03
Expected recruitment end date
2019-04-23, 1398/02/03
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effect of Foot Reflexology Massage on Physiological Indices in Stroke Patients

Public title
The Effect of foot reflexology massage on physiological indices
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:

Definite diagnosis of stroke level of consciousness (GCS) over 7 Age over 30 years Heart rate greater than 60 beats per minute Temperature greater than 36.5 ° C Systolic blood pressure higher than 90

Exclusion criteria:

Patients with arrhythmia Patients who are taking nitroglycerin-dopamine and Duobutamin drugs Have a history of drug use Do not tolerate intervention Have a history of mental illness Have acute conditions during the intervention

Age

From **30 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Stratified randomization by minimization method based on age and blood pressure variables.

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants do not know which group is being investigated as intervention group

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Rafsanjan University of Medical Sciences

Street address

Rafsanjan

City

Rafsanjan

Province

Kerman

Postal code

7717933777

Approval date

2018-04-17, 1397/01/28

Ethics committee reference number

IR.RUMS.REC.1397.020

Health conditions studied

1

Description of health condition studied

stroke

ICD-10 code

I64

ICD-10 code description

Stroke, not specified as haemorrhage or infarction

Primary outcomes

1

Description

Mean of blood pressure

Timepoint

10 minutes before intervention, immediately after intervention, 10 minutes after intervention and 30 minutes after intervention

Method of measurement

Alpk2 sphygmomanometer

2

Description

Number of respiration per minute

Timepoint

10 minutes before intervention, immediately after intervention, 10 minutes after intervention and 30 minutes after intervention

Method of measurement

Counting number of breaths

3

Description

Mean of temperature

Timepoint

10 minutes before intervention, immediately after intervention, 10 minutes after intervention and 30 minutes after intervention

Method of measurement

Easylife digital termometer

4

Description

Number of heart rate per minute

Timepoint

10 minutes before intervention, immediately after intervention, 10 minutes after intervention and 30 minutes after intervention

Method of measurement

PC-66B pulse oximeter device

5

Description

Percentage of oxygen saturation of arterial blood

Timepoint

10 minutes before intervention, immediately after

intervention, 10 minutes after intervention and 30 minutes after intervention

Method of measurement

PC-66B pulse oximeter device

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group receive reflexology massage for 30 minutes (15 minutes for each foot) on the second day of hospitalization. In this method, reflection points of soles (solar network and the pituitary-related points) are pressed using the index finger and thumbs.

Category

Other

2

Description

Control group: This group receive simple massage for 30 minutes (15 minutes for each foot) on the second day of hospitalization.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ali Ibn Abi Taleb Hospital

Full name of responsible person

Azam Talebi

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Parastar Ave

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rafsanjan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Ahmad Reza Sayadi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable