Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of the effect of Massage therapy and Reflexology on primary dysmenorrhoea

Protocol summary

Summary

The aim of this randomize control trial is comparison effect of massage therapy and reflexology on primary dysmenorrhea in student of dormitories Shiraz university.96 females with primary dysmenorrhea will be selected and will be randomly put in three group; massage therapy, reflexology and control .Inclusion criteria: female student with intensity of pain 5 or more by Visual Analogue Scale (VAS), any systemic or reproductive organ disease; exclusion criteria: use of analgesic drug during study, allergy to lavender oil. Massage therapy group after the start of dysmenorrhea will receive 30 minute massage of the upper symphysis pubis and upper umbilicus. Pain will be measured before and after massage with Visual Analogue Scale (VAS), and anxiety will be measured at 24 hours after massage. reflexology group, will receive foot reflexology for 20 minutes on each leg (total 40 minutes) once a day, 10 days prior to the time period, and be continued until the period (total 10 days). In control group will not be any intervention. Pain in control and reflexology group will be measured in first and second day start of dysmenorrhea before and after 30 minute. Anxiety levels will be measured 24 hours after pain on second day.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013022611945N2**
Registration date: **2013-03-13, 1391/12/23**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-03-13, 1391/12/23

Registrant information

Name
Hajar Rajaei bakhshayesh
Name of organization / entity
Fatemeh college of nursing and midwifery, Shiraz University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 71 1212 2633
Email address
rajaei_h@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy for research of Shiraz University of Medical Sciences

Expected recruitment start date

2013-01-20, 1391/11/01

Expected recruitment end date

2013-05-22, 1392/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Massage therapy and Reflexology on primary dysmenorrhoea

Public title

Comparison of the effect of Massage therapy and Reflexology on primary dysmenorrhea

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: female student with intensity of pain 5 or more by Visual Analogue Scale (VAS); any systemic or

reproductive organ disease; exclusion criteria: use of analgesic drug during study; allergy to lavender oil

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **96**

Randomization (investigator's opinion)
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
Medical Research Ethics Committee of Shiraz University of Medical Sciences

Street address
Deputy for Research, seventh Floor, the central structure of Shiraz University of Medical Sciences, next to the Red Crescent, Zand Avenue

City
Shiraz

Postal code

Approval date
2013-02-17, 1391/11/29

Ethics committee reference number
CT-91-6439

Health conditions studied

1

Description of health condition studied
Primary dysmenorrhoea

ICD-10 code
N94.4

ICD-10 code description
Primary dysmenorrhoea

Primary outcomes

1

Description
Pain duration and severity

Timepoint
First,secend and thired months

Method of measurement
visoual analogue scale

Secondary outcomes

1

Description
anxiety

Timepoint
First,secend and thired months

Method of measurement
Spilberger Questionnaire

Intervention groups

1

Description
Massage therapy group after the start of dysmenorrhea will receive 30 minute massage of the upper symphysis pubis and upper umbilicus. Pain will be measured before and after massage with Visual Analogue Scale (VAS), and anxiety will be measured at 24 hours after massage.

Category
Other

2

Description
reflexology group, will receive foot reflexology for 20 minutes on each leg (total 40 minutes) once a day, 10 days prior to the time period, and be continued until the period (total 10 days).

Category
Other

3

Description
Control group with no intervention

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Eram Dormitories, Shiraz University

Full name of responsible person
Leyla Hatamy

Street address

Eram Square

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr Gholam Reza Hatam

Street address

Shiraz University of Medical Sciences, Zand Ave

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Fatemeh (PBUH) College of Nursing and Midwifery, Shiraz

Full name of responsible person

Sara Azima

Position

Master's degree in Midwifery, Faculty member

Other areas of specialty/work

Street address

Namazi Sq.

City

Shiraz

Postal code

Phone

+98 711647425

Fax

+98 917 300 9450

Email

azimas@sums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Fatemeh (PBUH) College of Nursing and Midwifery, Shiraz

Full name of responsible person

Sara Azima

Position

Master's degree in Midwifery, Faculty member

Other areas of specialty/work

Street address

Namazi Sq.

City

Shiraz

Postal code

Phone

+98 71 1647 4257

Fax

Email

azimas@sums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Fatemeh (PBUH) College of Nursing and Midwifery, Shiraz

Full name of responsible person

Sara Azima

Position

Master's degree in Midwifery, Faculty member

Other areas of specialty/work

Street address

Namazi Sq.

City

Shiraz

Postal code

Phone

00

Fax

Email

azimas@sums.ac.ir

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