Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 2026

The Comparison of the effects of Goleghand and foot reflexology on constipation among the elderly

Protocol summary

Summary

This study aimed to compare the effects of Goleghand and foot reflexology on constipation among the elderly referred to the specialized clinic in 22 Bahman hospital of Gonabad. Research community study (60 to 75 years) who acquired ROME III criteria for the treatment of constipation and are referred to the clinic 22-Bahman Hospital. They are based on at least two of the questionnaire ROME III criteria diagnosed with constipation and considering the inclusion and exclusion criteria were enrolled in the study. The sample size based on previous studies with regard to statistical formulas 30 patients in each group was determined. Reflexology group twice daily for 5 minutes each time, will do 2 weeks. The action for women and for men by helping Pzhvhshgraqa will be done by Research assistant. The intervention group received Goleghand, the consumption of Goleghand for half an hour before lunch (a teaspoonful in a cup of boiling water and after cooling) will be for 2 weeks. Daily consumption of Goleghand on your phone to remind and will ensure appropriate use. The subjects are asked to your bowel habits (number of stools, bloating, abdominal pain and vomiting) daily in a register office. Data weekly for 2 weeks by the investigator to be collected.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017031233020N1**
Registration date: **2017-10-15, 1396/07/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-10-15, 1396/07/23

Registrant information

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Gonabad University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Gonabad University of Medical Sciences

Expected recruitment start date

2017-02-19, 1395/12/01

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 Comparison of the effects of Goleghand and foot reflexology on constipation among the elderly

Public title

The Comparison of the effects of Goleghand and foot reflexology on constipation among the elderly

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: mentally alert and able to answer questions; from age 60 to 75 years; Verified constipation ROME III - criteria; Not having the metabolic disorder

known as diabetes; Not having spinal cord injuries, the lack of a history of injuries, open wounds and surgery on the legs; no ant idiarrheal drugs, sympathomimetic, opioids, alcohol and psychoactive; informed consent to participate in research and informed consent elderly person or legal guardians; lack of experience important disease affecting the gastrointestinal obstructive disorders, such as constipation, intestinal inflammatory diseases, hypothyroidism, psychiatric disorder ; Lack of effective on constipation drug such as calcium.Exclusion criteria: unwillingness to continue participation in the study at any time of the study; The occurrence of acute complications during the intervention; Change your diet or use of laxatives for constipation during the study; Report any signs suggesting an allergic reaction to Goleghand; Lack of Goleghand on schedule.

Age
From **60 years** old to **75 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Randomized method: random allocation of patients to Reflexology group and Goleghand group by random block method. Blind technique: An observer examining patients will not be aware of the type of intervention.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Gonabad University of Medical Sciences

Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad

City
Gonabad

Postal code
9691793718

Approval date
2016-11-09, 1395/08/19

Ethics committee reference number
IR.GMU.REC.1395.74

Health conditions studied

1

Description of health condition studied
constipation

ICD-10 code
K59.0

ICD-10 code description

Primary outcomes

1

Description
flatulence

Timepoint
Before treatment, during treatment and 2 weeks after the intervention

Method of measurement
Bowel habits check list

Secondary outcomes

1

Description
Vomit

Timepoint
Before, during and two weeks after intervention

Method of measurement
Bowel habits check list

Intervention groups

1

Description
In the Goleghand group, before a lunch, a teaspoonful of Goleghand juice will be mixed in a boiling water bottle and then consumed after cooling for 2 weeks. In this research, sugar beet products prepared in Green Toba Gold Company (registration number of Food and Drug Administration 462264 and license number 0359-94-Q) containing 100 grams of rose petals and honey are used. In the reflexology group, after the preparation of the legs, reflexology massage in the specific area of the constipation on the foot of the foot will be performed twice daily, every 5 minutes for 2 weeks.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
the specialized clinic in 22 Bahman hospital of Gonabad
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of Gonabad University of Medical Sciences
Full name of responsible person
Dr. Ali Mohammadpour
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad
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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
Vice chancellor for research of 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 general inquiries

Contact
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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