

***Effect Of Hand Reflexology Massage on Fatigue and Anxiety Levels Among Patients Receiving Maintenance Hemodialysis: A Randomized Control Trial***

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# **Research Participation Consent Form for Intervention Group**

## **Research Participation Consent Form**

I, the researcher Sabah Kareem Jabbar, a Master's student at the University of Kufa – College of Nursing, am conducting a study entitled:

**Effect of Hand Reflexology Massage on Fatigue and Anxiety Level Among Patients receiving maintenance hemodialysis**

You are invited to participate in this study. Before deciding whether to participate, you have the right to consult any family member or a member of the medical team to seek clarification or ask about any aspect of the research.

### **Purpose of the Study:**

- To evaluate the effectiveness of hand reflexology massage in reducing feelings of fatigue and anxiety after hemodialysis sessions.
- To improve the quality of nursing care provided to hemodialysis patients by introducing a simple, safe, and effective intervention.

### **Nature of Participation and the Right to Refuse or Withdraw:**

- Participation is completely voluntary, and the participant has the right to refuse to join or to withdraw at any time without any effect on the level of medical care provided.
- Medical services will continue as usual whether the participant chooses to participate or not.

### **Nursing Intervention Procedures in the Study:**

1. Collection of demographic data (age, gender, educational level, marital status, and medical history).
2. Application of hand reflexology massage for a period of 4 weeks, with two sessions per week.
3. Assessment of fatigue and anxiety levels using validated scales before and after the intervention.

**Potential Risks and Side Effects:**

- Hand reflexology massage is a safe, non-invasive intervention, and no significant risks or side effects are expected.

**Privacy and Confidentiality:**

- All data will be collected with complete confidentiality.
- Information will be stored without identifying the participant; names will not be disclosed in any report or publication.
- Only the designated research team will have access to the data.

**Potential Benefits of Participation:**

- The participant may notice a reduction in fatigue and anxiety levels during hemodialysis sessions.
- The participant's quality of life during the treatment period may improve.
- The results may contribute to improving nursing care for hemodialysis patients in the future.

**Participants' Rights:**

- The right to withdraw from the study at any time without providing reasons.
- The right to ask questions and receive additional explanations before or during participation.
- The right to review the study results when they become available.

**Consent Statement:**

I, the undersigned, acknowledge that I have read the above information (or it has been explained to me verbally), and that I have understood the objectives and procedures of the study. I have been given the opportunity to ask questions and to receive sufficient explanations. I voluntarily agree to participate in this study, and I understand my right to withdraw at any time without any impact on the level of medical care provided to me.

Participant's Name: \_\_\_\_\_

Researcher's Name: **Sabah Kareem Jabbar**

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# **Research Participation Consent Form for Control Group**

## **Research Participation Consent Form**

I am the researcher Sabah Kareem Jabbar, a Master's student at the University of Kufa – College of Nursing, conducting a study entitled:

**Effect of Hand Reflexology Massage on Fatigue and Anxiety Level Among Patients receiving maintenance hemodialysis**

You are invited to participate in this study. Before making a decision to participate, the participant has the right to consult any family member or a member of the medical team to seek clarification or inquire about any aspect of the research.

### **Purpose of the Study:**

- To evaluate the effectiveness of hand reflexology massage in reducing feelings of fatigue and anxiety after hemodialysis sessions.
- To improve the quality of nursing care provided to hemodialysis patients by introducing a simple, safe, and effective intervention.

### **Nature of Participation and the Right to Refuse or Withdraw:**

- Participation is completely voluntary, and the participant has the right to refuse to join or withdraw at any time without any effect on the level of medical care provided.
- Medical services will continue as usual whether the participant decides to participate or not.

### **Nursing Intervention Procedures in the Study:**

1. Collection of demographic data (age, gender, educational level, marital status, and medical history).
2. You will not receive any therapeutic intervention or massage as part of this study, as you are included in the control group.
3. Assessment of fatigue and anxiety levels using validated scales today and after 4 weeks.

### **Privacy and Confidentiality:**

- All data will be collected with complete confidentiality.

- Information will be stored without identifying the participant; names will not be disclosed in any report or publication.
- Only the designated research team will have access to the data.

#### **Potential Benefits of Participation:**

- The results may contribute to improving nursing care for hemodialysis patients in the future.

#### **Participants' Rights:**

- The right to withdraw from the study at any time without providing reasons.
- The right to ask questions and receive additional explanations before or during participation.
- The right to review the study results when they become available.

#### **Consent Statement:**

I, the undersigned, acknowledge that I have read the information provided above (or it has been explained to me verbally), and that I have understood the objectives and procedures of the study. I have been given the opportunity to ask questions and to receive adequate explanations. I voluntarily agree to participate in this study, and I understand my right to withdraw at any time without affecting the level of medical care provided to me.

Participant's Name: \_\_\_\_\_

Researcher's Name: **Sabah Kareem Jabbar**

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_