Appendix E1. Characteristics of studies included in the evidence synthesis

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Abedini 2022 [R003-S] **Country:** Iran **Setting (detail):** hospital - outpatient (chemotherapy unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 72 adults (R. 57 years, C. 56 [mean]; R. 63% female, C. 60%) **Treatment goal:** relieve symptoms of a condition (colorectal cancer) **Inclusion criteria:** Colorectal cancer (stage 2 or 3); sleep disorders (PSQI >5) **Exclusion criteria:** Diabetes; mental health problems; psychiatric drugs; acute infectious disease **ICD code:** 2B91.Z Malignant neoplasms of rectosigmoid junction; MG41 Sleep disturbance	**Name:** R - foot **What – procedure:** both feet, reflex points not reported **When & how much:** 8 x 20-minute sessions during chemotherapy (8 sessions total) [likely 1 session per week over 8 weeks] **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** routine oncology care, not further described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Sleep quality:* sleep quality overall (PSQI - total)*; subjective sleep quality, sleep latency, sleep duration, sleep sufficiency, sleep disturbances, sleep medication, daytime dysfunction (PSQI subdomains) **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 8 (end of intervention period)*
Akkoz Cevik 2021 [R006-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (delivery unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 60 adults (age NR; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, first stage) **Inclusion criteria:** Primiparous singleton pregnancies; gestational age 38-42 weeks; spontaneous vaginal delivery, first stage of labour (4 cm dilation) **Exclusion criteria:** Risky pregnancies; systemic diseases **ICD code:** Labour, first stage	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, hypothalamus, pituitary, spleen, thyroid gland, adrenal, intestine, spinal cord, uterus, vagina, ovaries and Fallopian tubes (20 mins each foot) **When & how much:** 1 x 40-minute session at 4 cm dilation (1 session total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** routine care, including evaluation of uterine contractions continued, monitoring and recording colour and amount of show, fetal monitoring, monitoring the patient's vital signs, positioning during labor,vaginal exams (it is done to evaluate cervical effacement, cervical dilatation, status of membranes, and station of presenting part.), artificial rupture of membranes and emotional support **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (VAS)* *Emotional functioning/mental health:* anxiety during labour (STAI - state)* **Ineligible outcomes:** *'Other' pregnancy, puerperium and perinatal outcomes:* birth satisfaction (Birth Satisfaction Scale), duration of labour (1st, 2nd, 3rd stage) **Timing of outcome measurement:** cervical dilation 4-7 cm; 8-10 cm* [can't determine if 4-7 cm timepoint is pre- or immediately post-intervention]

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Aliashraf Jodat 2021 [R008-S] **Country:** Iran **Setting (detail):** hospital - inpatient (ECT unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 56 adults (R. 41 years, C. 39 [mean]; R. 50% female, C. 50%) **Treatment goal:** relieve procedure-related side effects (depression, electroconvulsive therapy) **Inclusion criteria:** Depression requiring ECT **Exclusion criteria:** Chronic diseases (diabetes, neuromuscular diseases, abnomalies in organs); analgesics within 4 hours before intervention; psychosis; pain score <3 **ICD code:** MB4D Headache; FB56.2 Myalgia (PK81.D Other specified medical procedure associated with injury or harm in therapeutic use: electroconvulsive therapy); 6A7Z Depressive disorders	**Name:** R - hand & foot **What – procedure:** gentle massage of the hands and feet, followed by reflex points from wrists/ankles towards fingers/toes and foot soles; reflex points not reported **When & how much:** 1 x 20-minute session prior to procedure (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - usual care **What – procedure:** usual care (acetaminophen if necessary) **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postprocedural pain intensity - early acute*; postprocedural headache intensity - early acute; postprocedural muscle pain intensity - early acute (VAS) **Ineligible outcomes:** n/a **Timing of outcome measurement:** 1 hr* (10 mins after reflexology intervention), 6 hrs, and 24 hrs after receiving ECT
Alinia-najjar 2020 [R010-S] **Country:** Iran **Setting (detail):** hospital - inpatient (burn ICU) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 52 adults (43 years [mean]; R. 22% female, C. 21%) **Treatment goal:** relieve procedure-related side effects (burn dressing) **Inclusion criteria:** Moderate to severe burns; first hospitalisation due to burn injuries, min. length of stay 48 hrs **Exclusion criteria:** Psychiatric disorders, self-inflicted burns; severe neuropathy; chronic disease; intubation; positive culture in wound; sleep disorder at home **ICD code:** NE2Z Burns, unspecified, moderate to severe (dressing change)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: brain, pituitary gland, kidney, adrenal glands, solar plexus **When & how much:** 1 x 20-minute session daily on days 3 - 5 of hospitalisation (3 sessions total) immediately prior to dressing change **Who administered (provider); training:** provider administered (reflexologist, research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care for burns dressing; routine sedatives **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Sleep quality:* sleep quality (SMHSQ - sleep satisfaction item*, other items NR unclear if administered), sleep length (SMHSQ - previous night sleep length item, previous day sleep length item) *Emotional functioning/mental health:* periprocedural pain-related anxiety (BSPAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** *Emotional functioning/mental health:* immediately before and 15 minutes after* dressing change (after reflexology on days 3, 4, 5* of hospitalisation) *Sleep quality:* immediately before any intervention (reflexology/dressing change on days 3, 4, 5, 6* of hospitalisation)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Alsharaway 2021 [R011-S] **Country:** Egypt **Setting (detail):** hospital - outpatient (outpatient clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 35 adults (R. 67 years, C. 67 [mean]; R. 25% female, C. 13%) **Treatment goal:** relieve symptoms of a condition (COPD) **Inclusion criteria:** COPD (GOLD classification); FEV1 <50; smoking cessation ≥3 months **Exclusion criteria:** Cardiovascular or musculoskeletal disorders **ICD code:** CA22 Chronic obstructive pulmonary disease	**Name:** R - foot + pulmonary rehabilitation exercises **What – procedure:** both feet as per protocol using reflex points: lung zone (15 mins), plus pulmonary rehabilitation exercises (45 mins) **When & how much:** 3 x 60-minute sessions per week for 8 weeks (24 sessions total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -see comparator arm	**Name:** inactive control - pulmonary rehabilitation exercises co-intervention **What – procedure:** strengthening, endurance and respiratory muscle exercises (treadmill exercises, stationary cycle ergometer, stretching exercises and light floor exercises with and without weights) **When & how much:** as per reflexology group **Who administered (provider):** self-administered, provider prescribed **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (CAT)* **Ineligible outcomes:** *Other:* PO2, PCO2, SaO2, FVC, FEV1, FEV1/FVC, 6-min walk test; *Single symptoms:* dyspnoea (mMRC); *Anthropometric measures:* BMI **Timing of outcome measurement:** week 8 (end of intervention period)*
Anderson 2021 [R012-S] **Country:** USA **Setting (detail):** hospital - inpatient (oncology unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 40 adults (18-80 years [range]; R. 55% female, C. 70%) **Treatment goal:** prevent treatment-related side effects, relieve symptoms of a condition (cancer, chemotherapy) **Inclusion criteria:** Current pain and/or nausea; platelet count ≥ 50,000 platelets per mcl or greater **Exclusion criteria:** Using a patient-controlled analgesia pump; gynecologic surgery during current admission **ICD code:** 02 Neoplasms	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, diaphragm/chest/lungs, esophagus, thyroid, helper to thyroid, pituitary gland, stomach, liver, adrenals, gallbladder **When & how much:** 1 x 20- to 25-minute session (1 session total) **Who administered (provider); training:** provider administered (nurse); reflexology training **Co-intervention(s):** R -	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (Wong-Baker FACES pain rating scale)* **Ineligible outcomes:** *Single symptoms:* nausea (Wong-Baker FACES rating scale) **Timing of outcome measurement:** immediately after the single intervention*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Aslan 2022 [R013-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (outpatient clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 68 participants (R. 70 years, C. 70 [mean]; R. 68% female, C. 50%) **Treatment goal:** relieve symptoms of a condition (low back pain) **Inclusion criteria:** Low back pain **Exclusion criteria:** Psychiatric disease; serious life-threatening infection; cancer; diabetes; bedridden **ICD code:** ME84.2 Low back pain	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: vertebrae, cervical, thoracic, lumbar, sacral, hip, sciatic, leg, adrenal gland, solar plexus (15 minutes each foot) **When & how much:** 2 x 30-minute sessions per week for 3 weeks, after physical therapy (6 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - usual care **What – procedure:** physical therapy, not further described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity overall (GPS - total score)*, pain intensity (VAS), disengagement due to pain, severity of pain, pain at ambulation, pain at vigorous activities, pain during other activities (GPS subscales) *HR-QoL:* overall HR-QoL (WHOQOL-OLD - total score)* **Ineligible outcomes:** *HR-QoL:* sensory abilities, autonomy, past/present/future activities, social participation, dying and death (WHOQOL-OLD subscales) **Timing of outcome measurement:** week 3 (end of intervention period)*
Attias 2016 [R014-S] **Country:** Israel **Setting (detail):** hospital - inpatient (general surgery ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 240 participants (R1. 50 years, R2. 44, C1. 46, C2. 45; R1. 60% female, R2. 48%, C1. 52%, C2. 52%) **Treatment goal:** relieve surgery-related side effects (elective or acute surgery) **Inclusion criteria:** Scheduled to undergo elective or acute surgery **Exclusion criteria:** Haemodynamic or respiratory instability **ICD code:** Surgery, general	**Name:** R1 - foot R2 - foot + guided imagery **What – procedure:** R1. & R2. both feet as per participant indication using reflex points: spine, sinuses, and solar plexus [+ usual care] R2. + guided imagery [see comparator arm C2] **When & how much:** 1 session (duration not described) 30-60 minutes before surgery (1 session total) **Who administered (provider); training:** provider administered (reflexologist); reflexology trained (diploma) **Co-intervention(s):** R1-usual care as per comparator arm R2-see comparator arm	**Name:** C1 inactive - usual care C2 inactive control - guided imagery (co-intervention) **What – procedure:** C1-Anxiolytic medications according to anesthesiologist discretion (PO Oxazepam 10 mg or PO Diazepam 5-10 mg) C2-Guided imagery involving suggestions for deep relaxation, safe place imagery, self-confidence and efficacy [+ usual care] **When & how much:** C1-120-160 minutes before being transferred to the holding room C2-not described **Who administered (provider):** C1-provider administered C2-provider administered	**Eligible outcomes:** *Emotional functioning/mental health:* preoperative anxiety (VAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** post-intervention* (and before entering surgery)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
			No. arms included in synthesis (treatment & control): 4 **Ineligible arms:** Active - acupuncture; Active - guided imagery; Active - guided imagery (CD); Active - reflexology + guided imagery	
Attias 2018 [R015-S] **Country:** Israel **Setting (detail):** hospital - inpatient (surgery wards) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 164 adults (R. 48 years, C. 48 [mean]; R. 67% female; C. 52%) **Treatment goal:** prevent surgery-related side effects (surgery, any) **Inclusion criteria:** Surgery within 48 hrs; pain in motion (VAS >2) **Exclusion criteria:** Foot ulcers; haemodynamic problems (tachycardia, brachycardia, SBP >180 or <100) **ICD code:** Surgery, general	**Name:** R - foot **What – procedure:** both feet as per participant indication; reflex points correspond to surgery-specific organ and areas innervated by that organ (20 mins total) **When & how much:** 1 x 20-minute session prior to procedure (1 session total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** analgesics (paracetamol, dipyrone, NSAIDs and opioids) based on clinical indication **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity [at rest] - late acute (VAS)*; postoperative pain intensity [in motion] - late acute (VAS) **Ineligible outcomes:** n/a **Timing of outcome measurement:** post-intervention* (on day 1 or 2 postoperative)
Aydin 2021 [R016-S] **Country:** Turkey **Setting (detail):** community based (home) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 76 adults (R. 53 years, C. 53 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (menopause) **Inclusion criteria:** Menopause; insomnia (self-reported) **Exclusion criteria:** Chronic diseases; history of alcohol or drug use disorder; psychiatric disorder; diagnosed sleep disturbance (other than insomnia); hormone replacement therapy	**Name:** R - foot **What – procedure:** both feet using reflex points: spine, hypothalamus, pituitary gland, CNS, chest (15 mins each foot) **When & how much:** 2 x 30-minute sessions per week for 6 weeks (12 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology training	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Sleep quality:* sleep quality overall (PSQI - total)*; subjective sleep quality, sleep latency, sleep duration, habitual sleep activity, sleep disorder, use of sleep medication, daytime dysfunction (PSQI subdomains) *Fatigue:* fatigue severity overall (FSS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 6 (end of intervention period)*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: GA30.0 Menopause; 7A0Z Insomnia disorders, unspecified	**Co-intervention(s):** R -n/a		
Azima 2015 [R017-S] **Country:** Iran **Setting (detail):** community based (university dormitories) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 68 adults (R. 21 years, C. 21 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (primary dysmenorrhea) **Inclusion criteria:** Primary dysmenorrhoea; pain (> 5 on 10-point VAS) **Exclusion criteria:** Use of analgesics or other medications **ICD code:** GA34.3 Dysmenorrhoea; MB24.3 Anxiety (moderate)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: liver, spleen, kidneys, hypophysis, and solar plexus **When & how much:** 1 x 40-minute session per day for 10 days before start of menstruation for 2 cycles (20 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - aromatherapy massage	**Eligible outcomes:** *Pain:* pain intensity (VAS)*; duration of pain (hours) *Emotional functioning/mental health:* anxiety symptom severity (STAI - combined score* [state & trait scores not reported separately]) **Ineligible outcomes:** n/a **Timing of outcome measurement:** weeks 4 and 8* (day 1 of 2nd and 3rd menstrual cycle; immediately after end of each 10-day intervention period)
Babazadeh 2020 [R018-S] **Country:** Iran **Setting (detail):** community based (health centre) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 80 participants (R. 27 years, C. 28 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (pregnancy) **Inclusion criteria:** Singleton pregnancy; gestational age <20 weeks **Exclusion criteria:** Miscarriage symptoms; pregnancy-related or other illness; psychological problems **ICD code:** XT0S Pregnancy	**Name:** R - foot **What – procedure:** both feet as per protocol using sole point (unclear which reflex point) (6 mins each foot) **When & how much:** 1 x 20-minute session per day for 4 days (4 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Fatigue:* fatigue severity overall (FSC - Fatigue Continuum Form)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** days 1 to 4 of intervention period [result reported is mean daily score over 4 days*]

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Bagheri-Nesami 2014 [R021-S] **Country:** Iran **Setting (detail):** hospital - inpatient (Mazandaran Heart Centre) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 80 participants (R. 59 years, C. 59 [mean]; R. 50% female, C. 50%) **Treatment goal:** relieve surgery-related side effects (CABG surgery) **Inclusion criteria:** First non-emergency cardiac surgery; surgery requires heart-lung machine **Exclusion criteria:** Need for an intra-aortic balloon pump; tracheal intubation > 24 h; bleeding >200 mL per hour via a chest tube; heart valve repair or replacement during CABG surgery; history of chronic pain; alcohol and drug addiction **ICD code:** XA3B03 Coronary arteries disease (coronary artery bypass graft surgery)	**Name:** R - foot **What – procedure:** left foot as per protocol using reflex points: endocrine glands, solar plexus **When & how much:** 1 x 20-minute session daily over 4 days post-surgery, at least 4 h after administration of last dose of analgesics (4 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** gentle leg rub (1 min) followed by researcher attention (20 mins) **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* postoperative anxiety - late acute [24 - 96 hrs] (VAS-A*, STAI short-form) **Ineligible outcomes:** n/a **Timing of outcome measurement:** pre and post intervention*, on days 1, 2, 3 and 4* post-surgery
Baglama 2019 [R022-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (oncology hospital) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 128 adults (R. 44 years, C. 51 [mean]; R. 43% female, C. 50%) **Treatment goal:** relieve symptoms of a condition (cancer) **Inclusion criteria:** Cancer for ≥1 year; VAS-pain ≥4, VAS-anxiety ≥2, VAS-fatigue ≥2; caregiver score ≥3/5 on reflexology practice **Exclusion criteria:** Surgical operation ≥6 weeks ago; peripheral neuropathy with loss of sensation **ICD code:** 02 Neoplasms	**Name:** R - foot **What – procedure:** both feet as per protocol; reflex points not reported (30 mins each foot) **When & how much:** 1 x 60-min session per day for 15 days (15 sessions total) **Who administered (provider); training:** provider administered (caregiver); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - other **What – procedure:** reading sessions **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (VAS)* *Fatigue:* fatigue severity overall (VAS)* *Emotional functioning/mental health:* mental distress severity (VAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** day 15* (end of intervention period)
Bahrami 2018 [R024-S] **Country:** Iran **Setting (detail):**	**No. randomised [eligible treatment arms] (age; sex):** 90 adults (R. 73 years, C. 74 [mean]; 100% female)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, pituitary gland,	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a	**Eligible outcomes:** *Emotional functioning/mental health:* acute mental distress during hospitalisation (HADS - anxiety* and depression subscales) [Bahrami 2020]

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
hospital - inpatient (coronary care unit) **RCT design:** parallel group	**Treatment goal:** relieve treatment-related side effects (CCU inpatient stress) **Inclusion criteria:** Acute coronary syndrome **Exclusion criteria:** Anxiolytics or sedative drugs within 4 hrs; severe haemodynamic instability; no alternative or complementary health care services in previous 48 hrs **ICD code:** BA4Z Acute ischaemic heart disease	brain, heart, intestines, vertebral column, adrenal gland and kidney **When & how much:** 1 x 20-minute session during hospital stay (1 session total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -usual care as per comparator arm	**Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - reflexology + aromatherapy	**Ineligible outcomes:** *Fatigue:* fatigue severity (Rhoten fatigue scale); *Physiological function & signs:* SBP, DBP, HR, RR, MAP, SaO2; *Other:* cognitive function (abbreviated mental test) **Timing of outcome measurement:** immediately after reflexology* (single treatment)
Bakhshi 2022 [R025-S] **Country:** Iran **Setting (detail):** hospital - inpatient, community based (hospitals and patients' homes) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 70 adults (R. 45 years, C. 42 [mean]; R. 47% female, C. 57%) **Treatment goal:** prevent surgery-related side effects (spinal surgery) **Inclusion criteria:** Spinal or lumbar spine surgery **Exclusion criteria:** Alcohol and drug addiction; wounds, fractures or sensory-motor disorders in limbs; need for additional surgery; hospital stay >10 days; neurological defects after surgery **ICD code:** FB1Y Other specified conditions associated with the spine (spinal surgery)	**Name:** R - foot **What – procedure:** both feet; reflex points not reported (15 mins each foot) **When & how much:** 1 x 30-minute session per day until discharge, then every other day (3 times per week) for 6 weeks **Who administered (provider); training:** provider administered (caregivers); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - usual care **What – procedure:** analgesics and encouragement for walking **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - stretching exercises	**Eligible outcomes:** *Pain:* postoperative pain intensity - late [6 weeks] (VAS)*; postoperative use of rescue medication (analgesics, mg) **Ineligible outcomes:** n/a **Timing of outcome measurement:** days 1 and 2 post-surgery, at discharge, then weeks 1 and 6* (end of intervention period) post-discharge
Bakir 2018 [R026-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (rheumatology follow-up clinic)	**No. randomised [eligible treatment arms] (age; sex):** 68 adults (R. 51 years, C. 50 [mean]; R. 80% female, C. 73%) **Treatment goal:** relieve symptoms of a condition (rheumatoid arthritis) **Inclusion criteria:** RA for ≥1 year; pain score VAS ≥4	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: brain, solar plexus, lymph system, diaphragm, thyroid, stomach and adrenal glands (2-3 mins each point, 30 mins each foot)	**Name:** inactive - usual care **What – procedure:** routine monitoring **When & how much:** n/a **Who administered (provider):** n/a	**Eligible outcomes:** *Pain:* pain overall (VAS)* *Sleep quality:* sleep quality overall (PSQI - total)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** *Pain:* weekly, weeks 1 to 6* (end of intervention period)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
RCT design: parallel group	**Exclusion criteria:** Acute infection or fever; vascular disease in lower extremities; impaired skin integrity; history of surgery, fractures, sprains or injuries in lower extremities; pregnancy; diabetes; sleep apnea and using sleep medications; cigarette and alcohol consumption **ICD code:** FA20 Rheumatoid arthritis; MG41 Sleep disturbance	**When & how much:** 1 x 60-min session per week for 6 weeks (6 sessions total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -n/a	**No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	*Sleep quality:* weeks 1 and 6* (end of intervention period)
Brygge 2001 [R028-S] **Country:** Denmark **Setting (detail):** hospital - outpatient (allergy unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 40 adults (R. 39 years, C. 38 [mean]; R. 60% female, C. 65%) **Treatment goal:** relieve symptoms of a condition (asthma) **Inclusion criteria:** Asthma diagnosis with increase in FEV1 >15% after inhalation of a b2-agonist, and/or airway hyper-responsiveness to histamine; use of short-acting b2-agonists allowed; use of inhaled steroids allowed if <2000 mg/day **Exclusion criteria:** Use of systemic steroids in 6 weeks prior to study; interfering seasonal asthma; other chronic, or neuromuscular diseases **ICD code:** CA23.1 Non-allergic asthma	**Name:** R - back, extremities, feet **What – procedure:** both feet, extremities and back as per protocol using reflex points [unspecified] (2 mins per point) followed by relaxation (10 mins) **When & how much:** 1 x 45-minute session per week for 10 weeks (10 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - sham **What – procedure:** both feet, extremities and back using simulated reflexology avoiding active areas **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Fatigue:* severity of fatigue (SF-36 vitality subscale)* [results not reported] *HR-QoL:* overall HR-QoL (SF-36 general health subscale)* [results not reported] *Physical function:* physical functioning (SF-36 physical function* and role limitations due to physical problems subscales) [results not reported] *Global symptoms:* asthma symptoms (diary; study-specific measure; 0-4)* **Ineligible outcomes:** *Pain:* bodily pain (SF-36 subscale); *Emotional functioning/mental health:* general mental health, role limitations due to emotional problems (SF-36 subscales); *HR-QoL:* social functioning (SF-36subscale); *Physiological function & signs:* FEV, FVC, PC20 for histamine **Timing of outcome measurement:** *Global symptoms:* daily for weeks 1 - 10* of intervention period and weeks 11 - 12 (post-intervention period) [weekly average] *HR-QoL:* week 11* (1 week after end of 10-week intervention period)
Chen 2011 [R031-S] **Country:** Taiwan **Setting (detail):**	**No. randomised [eligible treatment arms] (age; sex):** 68 participants (R. 32 years, C 31 years [mean]; 100% female)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: head, brain, pituitary,	**Name:** inactive - usual care **What – procedure:** physical assessment of women and their babies, neonatal care, help with adhering to postpartum rituals	**Eligible outcomes:** *Sleep quality:* sleep quality overall (PSQI)* **Ineligible outcomes:** n/a

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
CAM practice (free-standing postpartum centre) **RCT design:** parallel group	**Treatment goal:** relieve symptoms of a condition (sleep disturbance) **Inclusion criteria:** Poor sleep quality (PSQI ≥ 5); vaginal birth **Exclusion criteria:** Postpartum complications; infections; clotting disorders **ICD code:** XT4Z Postpartum; MG41 Sleep disturbance	parathyroid, thyroid, adrenal glands, ovaries (15 mins each foot) **When & how much:** 1 x 30-minute session per day for 5 days from postpartum day 9 (5 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Timing of outcome measurement:** postpartum day 13 (end of 5-day intervention period)*
Cicek 2021 [R032-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (elderly health centre) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 48 participants (R. 72 years, C. 70 [mean]; R. 27% female, C. 33%) **Treatment goal:** relieve symptoms of a condition (diabetic peripheral neuropathy) **Inclusion criteria:** Type 2 diabetes **Exclusion criteria:** Single- or double-sided amputation on the lower limbs; uncontrolled high blood pressure; acute infection with fever; acute surgical conditions; receiving dialysis treatment **ICD code:** 5A11 Type 2 diabetes mellitus	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: joints, plantar surface, lateral portion and medial portion (12 mins per foot) + usual care **When & how much:** 1 x 30-minute session per week for 12 weeks (12 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Global symptoms:* diabetic peripheral neuropathy severity (clinical assessment based on sum of NDS and NSS)* **Ineligible outcomes:** *Physiological function & signs:* HbA1c; *Other:* ankle brachial index **Timing of outcome measurement:** week 12 (end of intervention period)*
Close 2016.1 [R033-S] **Country:** Northern Ireland **Setting (detail):** hospital - inpatient	**No. randomised [eligible treatment arms] (age; sex):** 60 adults (R. 31 years, C. 30 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (low-back/pelvic pain in pregnancy)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points corresponding to bones and musculature back and pelvic girdles, and organs and structures that impact the	**Name:** inactive - usual care **What – procedure:** usual care for pregnancy-LBPP provided within the maternity unit **When & how much:** n/a	**Eligible outcomes:** *Pain:* pain intensity overall (VAS)*; pain frequency (VAS) *Emotional functioning/mental health:* distress during pregnancy (STAI - state)* *Physical function:* disability - global (PMI - total*, RMDQ - total)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
(antenatal clinics) **RCT design:** parallel group	**Inclusion criteria:** Primigravida; low back pain and/or pelvic pain; 26-29 weeks gestation **Exclusion criteria:** Multiple pregnancy; smokers; neurological diseases; deep vein thrombosis; fungal foot infections or verrucae; using CAM therapies; placenta previa III/IV; serious spinal pathology; previous surgery to hip/back/pelvis region; inflammatory arthritis; diabetes; cardiac problems **ICD code:** XT0S Pregnancy; ME84.2 Low back pain; MD81.11 Pelvic or perineal pain; MB24.3 Anxiety (moderate)	functioning of the spine and pelvic girdle (30 mins) **When & how much:** 1 x 30-minute session per week for 6 weeks (6 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - warm foot bath	**Ineligible outcomes:** *Physiological function & signs:* salivary beta-endorphin, cortisol; *'Other' pregnancy, puerperium and perinatal outcomes:* duration of labour, labour onset, mode of delivery **Timing of outcome measurement:** *Pain:* weekly during intervention period [results NR], week 6* (end of intervention period) Emotional functioning/mental health & *Physical function:* week 6* (end of intervention period)
Dashti 2016 [R035-S] **Country:** Iran **Setting (detail):** NR (NR) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 45 participants (R. 39 years, C. 39 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (asthma) **Inclusion criteria:** Asthma (based on spirometry and clinical diagnosis) **Exclusion criteria:** Pregnancy; foot injuries, oedema or infection; diabetic neuropathy; use of asthma treatments other than drugs prescribed by physician **ICD code:** CA23 Asthma	**Name:** R - foot **What – procedure:** both feet; reflex points not reported [note: both groups continued with their usual prescribed asthma medication] **When & how much:** 3 x 15-minute sessions per week for ~3-4 weeks (10 sessions total) **Who administered (provider); training:** provider administered (massage therapist); NR **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Unclear - foot massage not specified	**Eligible outcomes:** *Global symptoms:* asthma symptoms (ACQ-6 - total*; 6 x ACQ control dimensions) **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 4 (end of intervention period)*
Davodabady 2021 [R036-S] **Country:** Iran **Setting (detail):** hospital - inpatient (burns ward)	**No. randomised [eligible treatment arms] (age; sex):** 82 adult (R. 37 years, C. 39 [mean]; R. 46% female, C. 40%) **Treatment goal:** relieve procedure-related side effects (burn dressing)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, pituitary gland, pineal gland, adrenal glands (5 mins each point)	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):**	**Eligible outcomes:** *Pain:* periprocedural pain intensity (VAS)* *Emotional functioning/mental health:* periprocedural anxiety (VAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** 5-10 minutes before and 5-10 minutes after* dressing change on days 1, 2, 3, 4, 5, 6*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
RCT design: parallel group	**Inclusion criteria:** Burns at 10-45% of body surface, 2nd or 3rd degree; pain during dressing change **Exclusion criteria:** Burns on feet; airway injury due to burns; psychological disorders; diseases such as cancer, thyroid disease; use of other CAM therapies during the study; drug addiction **ICD code:** NE2Z Burns, unspecified, involving 10 - 45 % of body surface, 2nd or 3rd degree (dressing change)	**When & how much:** 3 x 45-minute sessions over one week, 1 hour before dressing change (3 sessions total) **Who administered (provider); training:** provider administered (reflexologist, nurse); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	(appears that days 1, 3, 5 = intervention days; days 2, 4, 6 = no intervention days but not explicit so day 6 assumed to be end of intervention period)
de Oliveira 2017 [R037-S] **Country:** Brazil **Setting (detail):** community based (Laboratory of Pain and Movement Studies) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 20 adults (R. 61 years, C. 60 years [mean]; R. 70% female, C. 60%) **Treatment goal:** relieve symptoms of a condition (low back pain) **Inclusion criteria:** Unspecified low back pain **Exclusion criteria:** Malignant and chronic diseases; feet lesions or skin damage **ICD code:** MG30.02 Chronic primary low back pain	**Name:** R - foot **What – procedure:** foot, per protocol using reflex points: spine, hip, sciatic nerve areas (8 times each point) **When & how much:** 1 x 20-minute session per week for 5 weeks (5 sessions total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - placebo **What – procedure:** foot massage with large movements (kneading & sliding) + usual care (continuation of drug therapy) **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain overall (VAS)* *Physical function:* physical functioning (RMDQ - total, reported as % change)* **Ineligible outcomes:** *Physiological function & signs:* HR variability, orthostatic balance **Timing of outcome measurement:** *Pain:* weeks 1, 2, 3, 4, 5* (end of intervention period); disability: week 5* (end of intervention period)
Dehghanmehr 2018 [R039-S] **Country:** Iran **Setting (detail):** NR (NR) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 60 children (6-12 years [range]; R. 25% female, C1. 45%, C2. 35%) **Treatment goal:** relieve procedure-related side effects (blood transfusion) **Inclusion criteria:** Thalassemia **Exclusion criteria:** Use of anxiety and relaxation medication	**Name:** R - foot **What – procedure:** foot; protocol and reflex points not described (10 mins) **When & how much:** 1 x 10-minute session, 20 minutes before blood transfusion (1 session total)	**Name:** C1 inactive - placebo C2 inactive - no intervention **What – procedure:** C1-'common' massage, not further described (10 mins) C2-n/a **When & how much:** C1-as per reflexology group C2-n/a	**Eligible outcomes:** *Pain:* periprocedural distress (OSBD-R)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately post-transfusion (intervention delivered before transfusion)*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: 3A50 Thalassaemias (blood transfusion)	**Who administered (provider); training:** provider administered (nurse); NR **Co-intervention(s):** R -n/a	**Who administered (provider):** C1-provider administered C2-n/a **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	
Dehghanmehr 2019 [R038-S] **Country:** Iran **Setting (detail):** hospital - outpatient (special patients clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 40 adults (R. 43 years, C. 41 [mean]; R. 45% female, C. 50%) **Treatment goal:** relieve procedure-related side effects (haemodialysis) **Inclusion criteria:** Hemodialysis duration of min. 6 months, 3 x per week (each lasting for 4 hours) **Exclusion criteria:** Stressful event in the past year, severe depression and anxiety, lupus and chronic physical and psychological illnesses such as cancer, sedative drugs like benzodiazepines at least one month before the intervention **ICD code:** QB94 Care involving dialysis (hypertension, diabetes, kidney disease)	**Name:** R - foot **What – procedure:** Foot reflexology as per protocol using reflex points: solar network (10 mins each foot) **When & how much:** 1 x 20-minute session one hour after starting dialysis, 3 x weekly for 4 weeks (12 sessions total) **Who administered (provider); training:** provider administered (nurse); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** Active - acupressure	**Eligible outcomes:** *Emotional functioning/mental health:* anxiety symptom severity (STAI - 40-item)*; depressed mood symptom severity (BDI) **Ineligible outcomes:** n/a **Timing of outcome measurement:** end of 4-week intervention period*
Deniz 2021 [R040-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (clinic room) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 70 newborns (R. 24 hours, C. 24 [mean]; R. 54% female, C. 49%) **Treatment goal:** relieve procedure-related side effects (heel lancing, newborns) **Inclusion criteria:** Term newborns ≥24 hours postnatal; caesarean section; blood drawn at first attempt **Exclusion criteria:** Any health problem; receiving analgesics/sedatives 8 hrs before treatment, or >2 invasive interventions	**Name:** R - foot **What – procedure:** foot/feet (6 mins); protocol and reflex points not reported **When & how much:** 1 x 7-minute session prior to procedure (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - acupressure	**Eligible outcomes:** *Pain:* periprocedural pain intensity (N-PASS - pain/agitation score*, duration of crying) **Ineligible outcomes:** n/a **Timing of outcome measurement:** during procedure (after intervention)* and after procedure

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: Heel prick test (PKU screening)			
Dikmen 2019 [R041-S] **Country:** Turkey **Setting (detail):** community based (patient's home) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 140 (R1. 55 years, R2. 56, C1. 57, C2. 57 [mean]; 100% female) **Treatment goal:** relieve treatment-related side effects, relieve symptoms of a condition (gynaecologic cancers, chemotherapy) **Inclusion criteria:** Uterine, ovarian, and cervical cancers (grades I-III), 2nd/3rd cycle of chemotherapy **Exclusion criteria:** Radiation therapy; having or at risk of haemorrhage; history of epilepsy, psychiatric disorders, paraplegia or thrombosis; bladder or kidney stones; injuries in lower extremities **ICD code:** 02 Gynaeocological cancers (chemotherapy)	**Name:** R1 - foot **What – procedure:** R1. & R2. both feet as per protocol using reflex points: brain, waist, upper and lower lymphs, intestines, diaphragm, lungs, adrenal glands, liver, spinal cord, sciatic nerve, and solar plexus (15 min each foot) R2. + progressive muscle relaxation (PMR) exercises [see comparator arm C2.] **When & how much:** R1. & R2. reflexology: 2 x 30-minute sessions per week for 8 weeks (16 sessions total) R2. progressive muscle relaxation: see comparator arm C2 **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R1-n/a	**Name:** C1 inactive - control (not described) C2 inactive control - progressive muscle relaxation (PMR) exercises (co-intervention) **What – procedure:** C1-NR C2-tightening and relaxation exercises with breathing using muscle groups: toes, feet, legs, calves, butt, thighs, abdominal muscles, back muscles, chest, hands, biceps/triceps, shoulders, neck, face, and tongue **When & how much:** C1-NR C2-2 x 20-minute session per week for 8 weeks (16 sessions) **Who administered (provider):** C1-NR C2-self-administered, provider prescribed **No. arms included in synthesis (treatment & control):** 4 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (BPI - pain items)*; pain interference (BPI - pain interference items) *Fatigue:* fatigue severity overall (BFI - fatigue items)*; fatigue interference (BPI - fatigue interference items) *HR-QoL:* overall HRQoL (MQOLS-CA - total score)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** weeks 3, 8* (end of intervention period) and 12
Dilek Dogan 2021 [R042-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (neurology clinics) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 66 adults (R. 36 years, C. 39 [mean]; % female NR) **Treatment goal:** relieve symptoms of a condition (multiple sclerosis) **Inclusion criteria:** Diagnosed with multiple sclerosis > six months ago; Expanded Disability Status Scale score ≤ 5.5 points	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: brain, epiphyseal, hypothalamus, pituitary gland, spine, lymphatic system, shoulder, elbow, hip, knee, small and large intestines, reproductive organs, bladder, mouth, jaw, solar plexus (15-20 mins each foot) + usual care	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a	**Eligible outcomes:** *Pain:* pain intensity (VAS)* *Fatigue:* fatigue severity overall (FSS)* *HR-QoL:* emotional health (MSQOL-54 composite scores for emotional health component)*; scores for 12 dimensions of QoL, overall QoL, health change (MSQOL-54 scores for each subscale/item) *Physical function:* physical health (MSQOL-54 composite scores for physical health component)* **Ineligible outcomes:** n/a

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	Exclusion criteria: Experiencing an MS relapse period; previously used any complementary or alternative therapies **ICD code:** 8A40 Multiple sclerosis	**When & how much:** 3 x 30- to 40-minute sessions per week for 12 weeks (36 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Timing of outcome measurement:** Pain & *Fatigue:* weeks 1 - 12* (end of 12-week intervention period) *HR-QoL:* months 1 - 3* (end of of 12-week intervention period)
Doğru 2021 [R043-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (cardiology clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 120 adults (R. 47% [≥ 65 years], C. 50%; R. 47% female, C. 50%) **Treatment goal:** relieve procedure-related side effects (coronary angiography/angioplasty) **Inclusion criteria:** Undergoing coronary angiography (CAG) or percutaneous transluminal coronary angioplasty (PTCA) for the first time **Exclusion criteria:** Urgent CAG and PTCA; surgery within 6 weeks; psychiatric disorders; using anxiety medications, estrogen or amphetamine derivatives **ICD code:** Coronary angiography; Percutaneous transluminal coronary angioplasty	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, brain, paranasal cavity, pituitary gland, neck, lung/chest and heart, diaphragm, adrenals, cervical spine, lumbar vertebrae, sacrum **When & how much:** 1 x 30-minute session prior to procedure (1 session total) **Who administered (provider); training:** provider administered (reflexologist, research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* periprocedural anxiety (STAI-S*, STAI-T, VAS [distress thermometer]) **Ineligible outcomes:** *Physiological function & signs:* cortisol **Timing of outcome measurement:** 30 mins after reflexology (before procedure), after procedure*
Dolatian 2011 [R044-S] **Country:** Iran **Setting (detail):** hospital - inpatient (maternity ward)	**No. randomised [eligible treatment arms] (age; sex):** 80 adults (R. 23 years, C. 23 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, first stage) **Inclusion criteria:** Low-risk singleton pregnancies; gestational age 37-42 weeks	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: pituitary gland, solar plexus, lumbar and sacral spine, and genital area (20 min each foot) **When & how much:** n/a **Who administered (provider):**	**Name:** inactive - usual care **What – procedure:** usual care not described	**Eligible outcomes:** *Pain:* pain intensity (VAS)* **Ineligible outcomes:** *'Other' pregnancy, puerperium and perinatal outcomes:* duration of labour (3 stages)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
RCT design: parallel group	**Exclusion criteria:** Medical or obstetric complications **ICD code:** Labour, first stage	**When & how much:** 1 x 40-minute session at cervical dilation 4-5cm (1 session total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - support during labour	**Timing of outcome measurement:** cervical dilation 4-5 cm (immediately post-intervention)*, cervical dilation 6-7 cm and 8-10 cm
Duymaz 2020 [R045-S] **Country:** Turkey **Setting (detail):** other (special education center) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 50 children (R. 7 years, C. 8 years [mean]; 60% female) **Treatment goal:** relieve symptoms of a condition (constipation in cerebral palsy) **Inclusion criteria:** Spastic cerebral palsy (GMFCS levels 4 and 5); constipation (Rome III criteria) **Exclusion criteria:** Surgical intervention in the last 6 months; use of laxative medications or enemas for at least 4 weeks prior to the start of the treatment; use of complementary treatment methods such as botulinum toxin injection and reflexology; congenital malformations, inflammatory and metabolic diseases in the gastrointestinal tract; active epileptic attack, dyskinetic, ataxic, and mixed-type CP patients with impaired joint deformation **ICD code:** ME05.0 Constipation; 8D20 Spastic cerebral palsy	**Name:** R - foot + neurodevelopmental therapy **What – procedure:** right foot as per protocol stimulating reflex points: gastrointestinal system, nervous system **When & how much:** 2 x 20-minute sessions per week for 12 weeks (24 sessions total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive control - neurodevelopmental therapy (co-intervention) **What – procedure:** exercises to provide normal motor development according to the current motor development levels of the patients **When & how much:** 2 x 45-minute sessions per week for 12 weeks (24 sessions total) **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain severity on defecation (VAS*) *Global symptoms:* constipation symptoms (defecation frequency*, stool consistency) **Ineligible outcomes:** *Physical function:* severity of disability (WeeFIM) **Timing of outcome measurement:** week 12* (end of intervention period)
Elbasan 2018 [R050-S] **Country:** Turkey **Setting (detail):** community based	**No. randomised [eligible treatment arms] (age; sex):** 52 children (R. 5 years, C. 6 [mean]; R. 35% female, C. 45%) **Treatment goal:** relieve symptoms of a condition (constipation in cerebral palsy)	**Name:** R - foot + neruodevelopmental therapy **What – procedure:** both feet as per protocol using reflex points:	**Name:** inactive control - neurodevelopmental therapy (co-intervention) **What – procedure:** Exercises for soft tissue mobilizations, position transitions, stretching,	**Eligible outcomes:** *Physical function:* motor function (GMFM)* *HR-QoL:* overall HR-QoL (CHQ-PF50 overall* and subdomains) [conference abstract only, data not suitable for MA] *Global symptoms:* constipation severity (MCAS)*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
(physiotherapy clinic) **RCT design:** parallel group	**Inclusion criteria:** Cerebral palsy (GMFCS levels 3-5) **Exclusion criteria:** treatment-resistant epilepsy; Botulinum injections within 6 months; surgery to lower limbs; use of alternative therapies **ICD code:** ME05.0 Constipation; 8D20 Spastic cerebral palsy	gastrointestinal system, nervous system, and the musculoskeletal system (20 mins) [in addition to neurodevelopmental therapy] **When & how much:** 2 x 20-minute sessions per week for 8 weeks (16 sessions total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -see comparator arm	strengthening, balance and weight-shifting **When & how much:** 2 x 45-60 minute sessions per week for 8 weeks (16 sessions), plus home program on non-clinic days **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Ineligible outcomes:** n/a **Timing of outcome measurement:** week 8 (end of intervention period)*
Fazlollah 2021 [R052-S] **Country:** Iran **Setting (detail):** hospital - inpatient (intensive care unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 65 adults (R. 63 years, C. 65 years [mean]; R. 40% female, C. 63%) **Treatment goal:** relieve surgery-related side effects (CABG surgery) **Inclusion criteria:** Ejection fraction >40%; non-emergency CABG surgery **Exclusion criteria:** History of stroke or other neurologic disorders; redo surgery; drainage of ≥400 mL at first 4 h after surgery; hemodynamic instability; loss of consciousness; requiring mechanical ventilation more than 24 hours after the surgery; Richmond agitation-sedation scale (RASS) score of -4 or -5 **ICD code:** XA3B03 Coronary arteries disease (coronary artery bypass graft surgery)	**Name:** R - foot **What – procedure:** both feet per protocol using reflex points: brain, pituitary, hypothalamic (5 minutes each foot) **When & how much:** 1 x 20-minute session per day for 2 days, first session at least 1 hour after endotracheal tube removal (2 sessions total) **Who administered (provider); training:** provider administered (massage therapist); NR **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity - late acute (VAS)* *Sleep quality:* sleep quality overall (RCSQ - total score)*, deep/light sleep, sleep latency, no. of awakenings, ease of return to sleep, quality of sleep (RCSQ subscales) **Ineligible outcomes:** n/a **Timing of outcome measurement:** *Pain:* immediately* and 2 hours post-intervention on days 1 and 2* postoperative (2-day intervention period) *Sleep quality:* morning of days 1 and 2* postoperative
Ghaljaei 2021 [R053-S] **Country:** Iran	**No. randomised [eligible treatment arms] (age; sex):** 80 children (R. 8 years, C. 9 [mean]; R. 47% female, C. 42%)	**Name:** R - foot **What – procedure:**	**Name:** inactive - usual care **What – procedure:**	**Eligible outcomes:** *Pain:* periprocedural pain intensity (Oucher - numeric scales)*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Setting (detail): hospital - inpatient (haematology ward) **RCT design:** parallel group	**Treatment goal:** relieve procedure-related side effects (chemotherapy) **Inclusion criteria:** leukemia; undergoing chemotherapy **Exclusion criteria:** seizures; heart disease; acute respiratory diseases **ICD code:** 2B33.4 Leukaemia (chemotherapy)	both feet as per protocol using reflex points: solar plexus, pituitary gland, heart and liver (10 min each foot) **When & how much:** 1 x 20-minute session prior to intrathecal chemotherapy (1 session total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -usual care as per comparator arm	routine treatment and analgesics/sedatives prior to procedure **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Ineligible outcomes:** *Physiological function & signs:* HR, SBP, DBP **Timing of outcome measurement:** 10 minutes after intrathecal injection of chemotherapy drugs* (reflexology delivered before immediately before procedure)
Ghanbari 2022 [R054-S] **Country:** Iran **Setting (detail):** hospital - outpatient (hemodialysis center) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 64adults (R. 52 years, C. 52 [mean]; R. 43 % female, C. 43%) **Treatment goal:** relieve symptoms of a condition (restless leg syndrome) **Inclusion criteria:** ≥ 3 months since the first dialysis; ≥ 3 hemodialysis treatments per week lasting 4 hours each time; restless leg syndrome (IRLS) **Exclusion criteria:** Chronic diseases; self-declared depression or bipolar disorder; use of sleeping pills or sedatives **ICD code:** QB94 Care involving dialysis; 7A80 Restless legs syndrome; MG41 Sleep disturbance	**Name:** R - foot **What – procedure:** both feet as per protocol; reflex points not reported (10 minutes each foot) **When & how much:** 3 x 20-minute sessions for 4 weeks (12 sessions total) **Who administered (provider); training:** provider administered (massage therapist); NR **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** both feet as per protocol avoiding reflex points (10 minutes each foot) **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - Swedish foot massage	**Eligible outcomes:** *Sleep quality:* sleep quality overall (PSQI - total score)*, subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication, daytime dysfunction (PSQI subscales) *Global symptoms:* restless leg syndrome severity (IRLS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** weeks 4* (end of intervention period) and 8
Ghasemi 2021 [R055-S] **Country:** Iran **Setting (detail):** hospital - outpatient	**No. randomised [eligible treatment arms] (age; sex):** 70 adults (R. 53 years, C. 50 [mean]; 100% female) **Treatment goal:** relieve procedure-related side effects (restless leg syndrome, haemodialysis)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: hypothalamus, thyroid, parathyroid, pancreas, adrenal glands, and solar plexus (15 mins each foot), plus	**Name:** inactive - placebo **What – procedure:** relaxation massage using almond oil avoiding stimulation of the reflex points	**Eligible outcomes:** *Global symptoms:* restless legs syndrome severity (IRLS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** weeks 4 and 8* (end of intervention period)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
(haemodialysis centre) **RCT design:** parallel group	**Inclusion criteria:** Restless leg syndrome as per IRLSSG criteria; hemodialysis 3 x 3-4 hr sessions per week for 6 months **Exclusion criteria:** Anxiolytics or sedative medications within 4 hr; foot ulcers; peripheral neuropathy or vascular problems in legs; history of alternative and complementary care in the last 48 h **ICD code:** 7A80 Restless legs syndrome; QB94 Care involving dialysis	initial relaxation massage using almond oil **When & how much:** 3 x 30-minute session per week for 8 weeks (24 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -n/a	**When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - aromatherapy (massage)	
Gok Metin 2016 [R056-S] **Country:** Turkey **Setting (detail):** community based (home) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 35 adults (54 years [mean]; R. 88% female, C. 88%) **Treatment goal:** relieve symptoms of a condition (rheumatoid arthritis) **Inclusion criteria:** Rheumatoid arthritis (≥1 year), pain VAS ≥4 pt; fatigue FSS ≥4 pt **Exclusion criteria:** High disease activity (DAS28 >5.1pt); receiving biological drugs, physiotherapy or complementary therapies; knee and foot wounds, surgery, cancer, osteoarthritis; blood coagulation disorders **ICD code:** FA20 Rheumatoid arthritis	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: head, neck, shoulders, pineal, pituitary gland, solar plexus, spinal column, knees, and spleen (20 mins each foot) **When & how much:** 1 x 40-minute session per week for 6 weeks (6 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - aromatherapy	**Eligible outcomes:** *Pain:* pain overall (VAS)* *Fatigue:* overall fatigue severity (FSS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** weeks 1, 2, 3, 4, 5 and 6* (within 1 hr of intervention delivery)
Gol 2021 [R057-S] **Country:** Iran **Setting (detail):** hospital - inpatient (brain surgery ward)	**No. randomised [eligible treatment arms] (age; sex):** 60 adults (R. 60 years, C. 60 [mean]; 20% female) **Treatment goal:** relieve surgery-related side effects (discectomy)	**Name:** R - foot **What – procedure:** both feet as per protocol (20 actions in 3 steps, 10 mins each foot); reflex points not reported	**Name:** inactive - usual care **What – procedure:** researcher attention (conversation) plus pethidine as per hospital routine **When & how much:** as per reflexology group	**Eligible outcomes:** *Pain:* postoperative pain intensity - late acute (VAS)*; postoperative pain relief - late acute **Ineligible outcomes:** n/a **Timing of outcome measurement:** 4 hrs and 28 hrs* post-surgery (30 minutes after each intervention)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
RCT design: parallel group	**Inclusion criteria:** Undergoing discectomy; postsurgical pain (VAS ≥ 3pt) **Exclusion criteria:** Received other surgical procedures, sedatives, analgesics, or anxiolytics; drug addiction; preoperative complications (severe bleeding, acute infection, ICU admission) **ICD code:** Discectomy	**When & how much:** 1 x 20-minute sessions per day for 2 days (2 sessions total) **Who administered (provider); training:** provider administered (physiotherapist); NR **Co-intervention(s):** R -usual care as per comparator arm	**Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	
Göral Türkcü 2021 [R058-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (oncological clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 68 adults (R. 57 years; C. 57 [mean]; 100% female) **Treatment goal:** relieve treatment-related side effects, relieve symptoms of a condition (gynaecological cancers, chemotherapy) **Inclusion criteria:** Stage II-III gynaecological cancers; receiving chemotherapy **Exclusion criteria:** Diabetes, acute infections, kidney failure, pacemakers **ICD code:** 02 Gynaecological cancers (chemotherapy)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: frontal lobe, hypothalamus and pituitary gland, spleen, thyroid, thymus, upper lymph nodes, diaphragm, lung, kidney and adrenal gland, ureters and bladder, pelvis, liver, stomach and intestines, spinal cord, gluteal area, sciatic nerve, and solar plexus region (1-2 min each point) **When & how much:** 3 x 30-to-45-minute sessions per week for 2 weeks (6 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (EORTC QLQ-C30 pain scale - see 'Global symptoms') *Fatigue:* fatigue severity overall (EORTC QLQ-C30 fatigue scale - see 'Global symptoms') *Emotional functioning/mental health:* mental distress severity (BAI*, EORTC QLQ-C30 emotional functioning scale), depressed mood symptom severity (BDI) *HR-QoL:* overall HR-QoL (EORTC QLQ-C30 - global QoL score*; composite of functional scales; composite of symptom scales) *Physical function:* function (EORTC QLQ-C30 - physical functioning scale*) *Global symptoms:* overall cancer symptoms (EORTC QLQ-C30 - composite of symptom scales: pain, fatigue, N&V, sleep and others)* **Ineligible outcomes:** *Single symptoms:* nausea & vomiting, dyspnea, sleep disturbance, loss of appetite, constipation, diarrhea, financial impact (EORTC QLQ-C30 - symptom subscales) **Timing of outcome measurement:** week 2 (end of intervention period), week 4* (2 weeks post-intervention) [only participants in the intervention group were assessed at week 2]

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Hashemzadeh 2019 [R064-S] **Country:** Iran **Setting (detail):** hospital - inpatient (ICU) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 40 participants (R. 57 years, C. 56 [mean]; 100% female) **Treatment goal:** relieve surgery-related side effects (CABG surgery) **Inclusion criteria:** Undergoing coronary artery bypass graft surgery **Exclusion criteria:** Peripheral arterial disease of foot; blood disorders and thrombocytopenia; severe post-operative complications; history of diabetes for more than 10 years; use of sedatives or analgesics three hours before the intervention **ICD code:** XA3B03 Coronary arteries disease (coronary artery bypass graft surgery)	**Name:** R - foot **What – procedure:** left foot as per protocol using reflex point: solar plexus (30 sec) **When & how much:** 1 x 20-minute session on day 2 after surgery (1 session total) **Who administered (provider); training:** provider administered (allied health practitioner); NR **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity - late acute (VAS)* **Ineligible outcomes:** *Physiological function & signs:* SBP, DBP, HR, RR. **Timing of outcome measurement:** day 2 after surgery, 20 minutes after reflexology treatment* [timing of 'after treatment' unclear for control group]
Heidari 2017 [R066-S] **Country:** Iran **Setting (detail):** hospital - inpatient (coronary angiography laboratory) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 90 adults (R. 58 years, C. 59 [mean]; 100% female) **Treatment goal:** relieve procedure-related side effects (coronary angiography) **Inclusion criteria:** First-time elective coronary angiography **Exclusion criteria:** Previous invasive procedures such as transesophageal echocardiography; receiving anxiolytics or reflexology within 48 hours of procedure; haemodynamic instability **ICD code:** Coronary angiography	**Name:** R - hand **What – procedure:** both hands as per protocol using reflex points: pituitary gland, heart, solar plexus (ten minutes per hand) **When & how much:** 1 x 20-minute session, before procedure **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** general massage of both hands as per protocol without stimulation of reflex points (10 minutes per hand) **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* preprocedural anxiety (STAI - state* & trait) **Ineligible outcomes:** n/a **Timing of outcome measurement:** before procedure (post-intervention)*
Hesami 2019 [R067-S] **Country:** Iran	**No. randomised [eligible treatment arms] (age; sex):** 80 adults (R. 7.5% aged 18-29 years, 30% 30-44, 40% 45-59, 22.5% ≥60; C. 15% aged	**Name:** R - foot **What – procedure:** both feet; reflex points not reported	**Name:** inactive - usual care **What – procedure:**	**Eligible outcomes:** *Fatigue:* fatigue severity overall (FSS)* **Ineligible outcomes:** n/a

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Setting (detail): NR (chemotherapy and oncology wards) **RCT design:** parallel group	18-29 years, 25% 30-44, 37.5% 45-59, 22.5% ≥60; R. 50% female, C. 55%) **Treatment goal:** relieve treatment-related side effects (cancer, chemotherapy) **Inclusion criteria:** Cancer; ≥1 chemotherapy cycle **Exclusion criteria:** History of diseases or conditions affecting fatigue; history of using supplementary therapies **ICD code:** 02 Neoplasms (chemotherapy)	**When & how much:** 1 x 30-minute session per day for 4 days (4 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	routine nursing care, not further described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Timing of outcome measurement:** day 4* (end of intervention period)
Hodgson 2000 [R068-S] **Country:** United Kingdom **Setting (detail):** hospital - inpatient (surgical and haematology units) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 12 adults (58 - 80 years [range]; 42% female) **Treatment goal:** relieve symptoms of a condition (cancer, palliative) **Inclusion criteria:** Palliative stage of cancer **Exclusion criteria:** Previous exposure to reflexology **ICD code:** 02 Neoplasms (palliative)	**Name:** R - body part NS **What – procedure:** procedure not described **When & how much:** 1 x 40-minute session on days 1, 3 and 5 of hospitalisation (3 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - sham **What – procedure:** sham procedure not described **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (VAS [Holmes & Dickerson]: overall score*, investigators used 18 [/25] subcomponents - data unusable due to trialist error in not administering items) **Ineligible outcomes:** n/a **Timing of outcome measurement:** within 24 hours of receiving final intervention*
Hodgson 2008 [R069-S] **Country:** NR **Setting (detail):** aged care facility (nursing home) **RCT design:** crossover	**No. randomised [eligible treatment arms] (age; sex):** 21 adults (G1. 87 years, G2. 88 years; 81% female) **Treatment goal:** relieve symptoms of a condition (dementia) **Inclusion criteria:** probable diagnosis of dementia (as per Functional Assessment Staging scale) **Exclusion criteria:** reflexology contraindicated (e.g. epilepsy, open foot wounds or fracture), physiotherapy	**Name:** R - foot **What – procedure:** both feet as per protocol; multiple reflex points (e.g. head/brain, sinus, eyes/ears) **When & how much:** 1 x 30-minute session weekly for 4 weeks (4 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training	**Name:** inactive - other **What – procedure:** relaxation techniques (5 mins) followed by conversation and companionship (25 mins) **When & how much:** as per reflexology group **Who administered (provider):** provider administered	**Eligible outcomes:** *Emotional functioning/mental health:* behaviours and psychological symptoms of dementia (Apparent Affect Rating Scale (AARS): observational ratings of anger, anxiety*, alertness [interest] pleasure, depression/ sadness) **Ineligible outcomes:** *Pain:* pain intensity (CNPI); *Physiological function & signs:* salivary alpha-amylase **Timing of outcome measurement:** weeks 1, 2, 3 and 4 (4 x on day of treatment; mean score for all measures)*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	massage (last 2 weeks), recent hospitalisation (last month) **ICD code:** 6D8Z Dementia, unknown or unspecified cause (mild to moderate)	**Co-intervention(s):** n/a	**No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	
Hudson 2015 [R072-S] **Country:** United Kingdom **Setting (detail):** day surgery (private clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 100 adults (R. 47 years, C. 48 [mean]; R. 86% female, C. 88%) **Treatment goal:** relieve procedure-related side effects (endovenous thermal ablation) **Inclusion criteria:** receiving endovenous thermal ablation and/or phlebectomy for varicose veins **Exclusion criteria:** leg ulcers, receiving microsclerotherapy or foam sclerotherapy **ICD code:** BD74.1 Lower limb varicose veins (endovenous thermal ablation and/or phlebectomy)	**Name:** R - hand **What – procedure:** both hands as per protocol using reflex points: central nervous system, pituitary, spine, solar plexus and head reflex **When & how much:** 1 session, commencing before analgesic injections and continuing throughout procedure (1 session total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** standard dose of local anaesthetics **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* periprocedural pain intensity (NRS*; MPQ-SF [modified]); duration of periprocedural pain (MPQ-SF [modified]) *Emotional functioning/mental health:* periprocedural anxiety (NRS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately after the procedure* (intervention delivered during the procedure)
Hughes 2009 [R074-S] **Country:** Northern Ireland **Setting (detail):** community based (local venue or participant's home) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 71 adults (R. 50 years, C. 53 [mean]; R. 86% female, C. 81%) **Treatment goal:** relieve symptoms of a condition (multiple sclerosis) **Inclusion criteria:** Definite diagnosis of MS; pain >4 (VAS) for min. 2 months; Expanded Disability Status Scale ≤ 7.5 **Exclusion criteria:** Relapse requiring hospitalisation or steroid treatment in past 2 months **ICD code:** 8A40 Multiple sclerosis	**Name:** R - foot **What – procedure:** both feet as per protocol using all key reflex points associated with organs throughout the body **When & how much:** 1 x 45-minute session weekly for 10 weeks (10 sessions total) **Who administered (provider); training:** provider administered (reflexologist); NR **Co-intervention(s):** R -n/a	**Name:** inactive - sham **What – procedure:** foot massage as per reflexology protocol, avoiding points representative of areas of pain associated with MS and using less pressure **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2	**Eligible outcomes:** *Pain:* pain intensity (VAS*, MPQ-PRI, MPQ-PPI); pain medication use (results NR) *Fatigue:* fatigue severity overall (FSS)*; MFIS (physical, psychological and cognitive subscales) *Emotional functioning/mental health:* depression severity (BDI-II)*, emotional well-being (MSIS-29 psychological impact subscale; MFIS psychosocial subscale) *HR-QoL:* emotional well-being (MSIS-29 psychological impact subscale)*, physical well-being (MSIS-29 physical subscale) *Physical function:* physical functioning (MFIS physical subscale*, RMDQ, MSIS-29 physical impact subscale)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
			Ineligible arms: none	**Ineligible outcomes:** *Other:* cognitive function (MIFS cognitive subscale), activities of daily living (Barthel Index), spasm (VAS) **Timing of outcome measurement:** weeks 10 (end of intervention period)*, 16 and 22; pain also measured weekly (VAS)
Icke 2018 [R075-S] **Country:** Turkey **Setting (detail):** hospital - inpatient, community based (paediatric hospital & patient's home) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 66 infants (mean age NR; R. 42% female, C. 52%) **Treatment goal:** relieve symptoms of a condition (infantile colic) **Inclusion criteria:** infantile colic (paediatrician diagnosis); birth weight 2,500-4,000g, term delivery (38-42 weeks) **Exclusion criteria:** chronic disorders **ICD code:** DD93.1 Infantile colic	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: gastrointestinal and solar plexus (5-15 mins) **When & how much:** 2 x 5-to-15-minute sessions per week for 3 weeks (6 sessions total), plus additional 3 x daily sessions at home (duration NR, delivered by parent) **Who administered (provider); training:** provider administered (research staff, other); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** no specific intervention, parents could continue any previous action to alleviate colic symptoms **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Global symptoms:* infantile colic severity (ICS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 3 (end of intervention period)*
Imani 2018 [R076-S] **Country:** Iran **Setting (detail):** hospital - inpatient (coronary care unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 75 adults (R. 62 years, C1. 62, C2. 63 [mean]; 0% female) **Treatment goal:** relieve treatment-related side effects (nitrate therapy) **Inclusion criteria:** Receiving IV nitroglycerin **Exclusion criteria:** Receiving neuromuscular blockers; movement disorders; alcohol, opioids or analgesics use; diabetes; head trauma or migraine; other severe disease	**Name:** R - foot **What – procedure:** both feet per protocol using reflex points for brain (10 mins each foot) **When & how much:** 2 x 20-min sessions 3 hours apart (2 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** C1 inactive - no intervention C2 inactive - sham **What – procedure:** C1-n/a C2-both feet per protocol using an unspecified point on the heel (10 mins each foot) **When & how much:** C1-n/a C2-as per reflexology group **Who administered (provider):** C1-n/a	**Eligible outcomes:** *Pain:* headache intensity (NRS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** after 1st and 2nd* intervention (3hrs after 1st intervention); both interventions delivered after intravenous NTG injection; timing NR

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: CCU patients (nitroglycerin infusion)		C2-provider administered **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	
Inkaya 2020 [R077-S] **Country:** Turkey **Setting (detail):** community based (private nursing home) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 60 older people (R. 79 years, C. 72 [mean]; R. 57% female, C. 48%) **Treatment goal:** relieve symptoms of a condition (constipation) **Inclusion criteria:** nursing home residents; constipation (Roma IV criteria) **Exclusion criteria:** Laxative use; cognitive or movement disorders **ICD code:** ME05.0 Constipation	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: stomach, liver, small intestine, large intestine and solar plexus (10 mins each foot) **When & how much:** 3 x 30-minute sessions per week for 1 month (12 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** foot surface massage without pressure **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (CQLS - total score* and subscales: physical discomfort, psychosocial discomfort, satisfaction, worries) *Global symptoms:* constipation severity (CSI - total score*) **Ineligible outcomes:** *Other:* defecation frequency, stool obstruction, colon obstruction, pain (CSI subscales) **Timing of outcome measurement:** week 4 (end of intervention period)*
Jahani 2018 [R078-S] **Country:** Iran **Setting (detail):** hospital - inpatient (haematology ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 84 adults (R. 43 years, C. 42 [mean]; R. 45% female, C. 45%) **Treatment goal:** relieve symptoms of a condition (metastatic cancers) **Inclusion criteria:** metastatic cancer (eligibility criteria NR) **Exclusion criteria:** NR **ICD code:** 2E2Z Malignant neoplasm metastasis	**Name:** R - foot **What – procedure:** NR **When & how much:** intervention over 3 days, no. & duration of sessions NR, likely 1 session per day **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** touch to sole of foot **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (VAS)*; change in use of analgesics *Emotional functioning/mental health:* mental distress severity (STAI - scale NR) **Ineligible outcomes:** n/a **Timing of outcome measurement:** *Pain:* days 1, 2 and 3* pre-intervention and post-intervention* *Emotional functioning/mental health:* day 3* post-intervention

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Jameei-Moghaddam 2021 [R079-S] **Country:** Iran **Setting (detail):** hospital - inpatient (maternity ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 90 participants (R1. 24 years, R2. 25, C. 26 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, first stage) **Inclusion criteria:** Low-risk singleton pregnancy with cephalic presentation; gestational age 38-42 weeks **Exclusion criteria:** Caesarean delivery; painkiller intake in previous 4 hours or receipt of other nonpharmacological pain management techniques; infection, cutaneous disorders and bone fractures, chronic disease **ICD code:** Labour, first stage	**Name:** R1 - foot R2 - foot + placebo **What – procedure:** R1 & R2: both feet as per protocol using reflex points: pituitary gland, solar plexus, uterine, spinal cord (30 min each foot) R2: + placebo massage [see comparator group] **When & how much:** R1: 2 x 60-minute reflexology sessions, at 4 cm and 7cm dilation R2: 1 x 60-minute reflexology session at 4 cm dilation + 1 x 60-minute placebo massage session at 7 cm dilation **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R1-n/a R2-see comparator arm	**Name:** inactive - placebo **What – procedure:** heel massage, not further described **When & how much:** 2 x 60-minute sessions, at 4 cm and 7 cm dilation **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (VAS)* **Ineligible outcomes:** *'Other' pregnancy, puerperium and perinatal outcomes:* duration of labour, childbirth experience **Timing of outcome measurement:** end of intervention period* (reflexology/control massage delivered at cervical dilation 4 cm and 7 cm, with pain measured once every hour until the delivery of the newborn; result is the mean of hourly measurements)
Jijimole 2018.1 [R081-S] **Country:** India **Setting (detail):** hospital - inpatient (labour room) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 30 adults (18-35 years; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, first stage) **Inclusion criteria:** Singleton primigravid pregnancy; ≥37 weeks of gestation; vertex presentation **Exclusion criteria:** Obstetric complications (antepartum haemorrhage, hydroamniosis, preeclampsia, placenta previa), malpresentation and cephalopelvic disproportion; analgesic use **ICD code:** Labour, first stage	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points corresponding to several nerve groups, glands and organ systems **When & how much:** 1 x 45-minute session at 3-4cm cervical dilation (1 session total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -n/a	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - support during labour	**Eligible outcomes:** *Pain:* pain intensity (NRS)*; facial, verbal, postural, motor behaviour responses to pain (scale NR) *Emotional functioning/mental health:* stress* and anxiety during labour (modified DASS-21 stress* and anxiety subscales) **Ineligible outcomes:** *Physiological function & signs:* SBP, DBP, HR, FHR; *'Other' pregnancy, puerperium and perinatal outcomes:* Apgar score, duration of labour (3 stages), birth satisfaction **Timing of outcome measurement:** *Pain:* 30 mins post-intervention* (3 -4 cm cervical dilation), 5-6 cm and 7-8 cm cervical dilation

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
				Emotional functioning/mental health: day 2 postpartum*
Kabuk 2022 [R082-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (burn centre) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 43 adults (R. 44 years, C. 47 [mean]; R. 42% female, C. 42%) **Treatment goal:** relieve procedure-related side effects (burn dressing) **Inclusion criteria:** Medium degree burn (in proliferation stage) **Exclusion criteria:** Open wound/infection/circulatory problem on foot; mental or psychological disorder **ICD code:** NE2Z Burns, unspecified, 2nd degree (dressing change)	**Name:** R - foot **What – procedure:** both feet, applied on reflex regions (20 mins each foot; 5 min warm-up and relaxation, 10 min general massage, 5 min on reflex area corresponding to the burnt body part) **When & how much:** 1 x 40-minute session per day before dressing for 3 consecutive days (3 sessions total) **Who administered (provider); training:** provider administered (nurse); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** opioid and analgesic drugs, details NR **When & how much:** n/a **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - reflexology + music therapy	**Eligible outcomes:** *Pain:* postprocedural pain intensity - early acute (VAS)*; use of opioids and analgesics *Sleep quality:* sleep quality overall (RCSQ)* *Emotional functioning/mental health:* preprocedural anxiety (STAI - state* & trait) **Ineligible outcomes:** n/a **Timing of outcome measurement:** *Pain:* before and 2 hours after* dressing change on days 1, 2 and 3* (end of intervention period); before dressing change on day 4 *Sleep quality:* before dressing change on days 1, 2, 3 and 4* *Emotional functioning/mental health:* before dressing change on days 1, 2, 3* and 4 [intervention delivered after 'before' measurements and before dressing change on days 1 to 3; no intervention delivered on day 4]
Kapikiran 2021 [R084-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (organ transplantation clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 120 adults (R. 48 years, C. 51 [mean]; R. 50% female, C. 53%) **Treatment goal:** relieve surgery-related side effects (liver transplant) **Inclusion criteria:** Undergoing liver transplant; pain severity ≥4 (scale unspecified) **Exclusion criteria:** Open wounds and cellulite in feet; thrombophlebitis; deep vein thrombosis and inflammatory diseases **ICD code:** Liver transplant	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, brain, liver, thyroid, bowels, knee, hip, elbow and shoulder, lymphatic system (15 mins each foot) **When & how much:** 1 x 30-minute session on day 3 post-surgery (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology training	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity - late acute [72 hrs] (NPRS)* **Ineligible outcomes:** *Other:* perianaesthesia comfort (PCQ) **Timing of outcome measurement:** immediate post-intervention on day 3 post-surgery*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
		Co-intervention(s): R -n/a		
Kapikiran 2022 [R083-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (general surgery clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 156 adults (R. 48 years, C. 50 [mean]; R. 41% female, C. 44%) **Treatment goal:** relieve surgery-related side effects (abdominal surgery) **Inclusion criteria:** post-operative pain (VAS ≥4) **Exclusion criteria:** n/a **ICD code:** Abdominal surgery	**Name:** R - foot **What – procedure:** 5 min of warm-up, followed by reflexology (30 mins) of left foot as per protocol using reflex points: solar plexus, brain, lymphatic system, tension region, lung, adrenal gland, thyroid, diaphragm, stomach and joints **When & how much:** 1 x 35-minute session after surgery (1 session total) [time postoperative NR] **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** standard pain relief therapy (paracetamol, then NSAIDs and weak opioids) **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity [timeframe NR] (VAS)* **Ineligible outcomes:** *Physiological function & signs:* SBP, DBP, HR, RR, SpO2 **Timing of outcome measurement:** post-intervention* (postoperative timing NR)
Kaplan 2021 [R085-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (delivery room) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 80 participants (R. 22 years, C. 24 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, first stage) **Inclusion criteria:** Primiparous singleton pregnancies; gestational age 38-42 weeks; spontaneous vaginal delivery; occipito-anterior position; first stage of labour (4 cm dilation) **Exclusion criteria:** Use of analgesia and anesthesia during the first stage of delivery; complications that may cause dystocia in delivery **ICD code:** Labour, first stage	**Name:** R - foot **What – procedure:** both feet; method and reflex points not reported **When & how much:** 1 x 30-minute session at 4 cm dilation (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - guided imagery	**Eligible outcomes:** *Pain:* pain intensity (VAS)* **Ineligible outcomes:** *'Other' pregnancy, puerperium and perinatal outcomes:* duration of labour, birth satisfaction (BSS) **Timing of outcome measurement:** immediately after intervention* (intervention delivered at 4 cm cervical dilation)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Karatas 2021 [R086-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (children's hospital) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 45 infants (30-89 days [range]; R 45% female, C. 30%) **Treatment goal:** relieve symptoms of a condition (infantile colic) **Inclusion criteria:** infantile colic diagnosed by a paediatrician according to Wessel's 'rule of three' **Exclusion criteria:** received antibiotics, steroids or an analgesic drug (up to 3 h before the applications); acute fever, musculoskeletal disease, active or acute herpes zoster or infection; regularly received reflexology treatments **ICD code:** DD93.1 Infantile colic	**Name:** R - foot **What – procedure:** both feet per protocol using reflex points: nervous system, digestive system, brain, medulla spinalis, solar plexus, stomach, liver, pancreas, gallbladder, ileocecal valve, colon and intestine **When & how much:** 2 x 20-minute sessions per week for 2 weeks (4 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** ineffective touch on both feet with no stimulation or pressure using same reflex points as the reflexology group **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Global symptoms:* infantile colic symptoms (mean crying time* (mins per day; parent-completed diary); infantile colic scale) **Ineligible outcomes:** n/a **Timing of outcome measurement:** 3 follow-ups over 2 weeks, final on day 14* (end of intervention period)
Kardan 2020 [R087-S] **Country:** Iran **Setting (detail):** (post-coronary angiography unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 120 adults (R. 55 years, C. 53 [mean]; R. 48% female, C. 50%) **Treatment goal:** relieve procedure-related side effects (coronary angiography) **Inclusion criteria:** Transfemoral coronary angiography, normal dorsal pedal and posterior tibial pulses **Exclusion criteria:** Back pain; sensory disorders, history of spinal surgery or herniated disk; inflammation or infections in lower limbs; use of opioids, tranquillizers or anesthetics 4-hr before and after procedure; any physiologic or hemodynamic instability during and after procedure **ICD code:** transfemoral coronary angiography	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus and spinal column (9 mins each foot) **When & how much:** 1 x 18-minute session post-procedure, after admission to post-CA unit (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** routine post-angiography care **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postprocedural back pain intensity - early acute (VAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately post-intervention* (20 mins after admission to post-CA unit), 2, 4 and 6 hrs post-intervention

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Khaledifar 2017 [R089-S] **Country:** Iran **Setting (detail):** hospital - inpatient (hospital) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 50 adults (R. 67 years, C. 65 [mean]; R. 64% female, C. 40%) **Treatment goal:** relieve procedure-related side effects (coronary angiography) **Inclusion criteria:** Undergoing coronary angiography **Exclusion criteria:** psychological disorders; anti-stress drugs within 48 hr; severe systemic illnesses; previous history of hemorrhage, epilepsy, thrombosis, kidney or gall bladder stones **ICD code:** Coronary angiography	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, pituitary, heart and liver (15 mins each foot) **When & how much:** 1 x 30-minute session prior to procedure **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** inactive - other **What – procedure:** rest for 30 minutes **When & how much:** prior to procedure **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - massage	**Eligible outcomes:** *Emotional functioning/mental health:* preprocedural anxiety (STAI - NR if state or trait)* **Ineligible outcomes:** *Physiological function & signs:* SBP, DBP, HR, RR, temperature **Timing of outcome measurement:** immediately after the intervention (before the procedure)*
Khorsand 2015 [R090-S] **Country:** Iran **Setting (detail):** hospital - emergency (surgical emergency unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 105 participants (age NR; R. 43% female, C1. 40%, C2. 29%) **Treatment goal:** relieve surgery-related side effects (appendectomy) **Inclusion criteria:** Appendectomy **Exclusion criteria:** Spinal anaesthesia during surgery; chronic pain in other areas; use of painkillers before and after surgery (except methadone post-surgery) **ICD code:** Appendectomy	**Name:** R - ear, foot **What – procedure:** right foot as per protocol, using a reflexology stick on the reflex point of the appendix (10 mins), and right ear by applying and squeezing a reflexology tape on the Shen Men point of the ear (1 min) **When & how much:** 1 x 11-minute session after surgery, after regaining consciousness (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Name:** C1 inactive - placebo C2 inactive - usual care **What – procedure:** C1-right foot as per protocol, using a reflexology stick on a non-reflex point (10 mins) with very gentle pressure, and right ear by applying and squeezing a reflexology tape (without the pressure ball) on the Shen Men point of the ear (1 min) C2-routine care and 5 mg methadone if necessary **When & how much:** C1-as per reflexology group C2-n/a **Who administered (provider):** C1-provider administered C2-n/a **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity - early acute (VAS)*; frequency of analgesic use **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately*, 1, 6 and 24 hours after intervention (intervention delivered after patients regained consciousness)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Koc 2015 [R091-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (family health centre) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 60 infants (R. 126 days, C. 126 [mean]; R. 53% female, C. 53%) **Treatment goal:** relieve procedure-related side effects (vaccination) **Inclusion criteria:** Body weight 2,500 to 3,500 g; term birth and developmentally normal as per ADSI **Exclusion criteria:** Received analgesics within 3 hrs of vaccination **ICD code:** Vaccination (neonatal)	**Name:** R - foot **What – procedure:** both feet as per protocol; reflex points not reported (20-30 mins) **When & how much:** 1 x 20-to-30-minute session before vaccination (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - control (not described) **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* periprocedural pain intensity (FLACC)*, crying duration **Ineligible outcomes:** *Physiological function & signs:* SpO2, HR **Timing of outcome measurement:** before and during* vaccination (both timepoints after intervention delivery)
Levy 2020 [R094-S] **Country:** Israel **Setting (detail):** hospital - inpatient (obstetrics ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 189 adults (R. 29 years, C. 28 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, first stage) **Inclusion criteria:** Primiparous with moderate to severe anxiety on admission (VAS ≥ 4) **Exclusion criteria:** Elective or emergency caesarean section; haemodynamic instability **ICD code:** Labour, first stage; MB24.3 Anxiety (moderate to severe)	**Name:** R - foot **What – procedure:** feet as per protocol and clinical presentation **When & how much:** 1 x 30-minute session during either the latent or active phase of the first stage of labour **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care for anxiety as per clinical evaluation: moderate anxiety (VAS >= 4) managed using calming and strengthening techniques; severe anxiety (VAS 7-10) that did not improve using these techniques treated with pharmacological therapy at physicians' discretion (regional anesthesia, meperidine). usual care for pain as per VAS, as evaluated by the medical staff: mild pain (VAS 1-3) treated with paracetamol or dipyrone; moderate pain (VAS 4-6) treated with weak or low-dose opioids (oxycodone 5-10 mg, tramadol 50 mg); severe pain (VAS 7-10) treated with higher dose opiates (oxycodone 10-20 mg, morphine). **When & how much:** n/a **Who administered (provider):**	**Eligible outcomes:** *Emotional functioning/mental health:* anxiety during labour (VAS-A)* **Ineligible outcomes:** *'Other' pregnancy, puerperium and perinatal outcomes:* duration of labour (active phase, second stage) **Timing of outcome measurement:** immediately after reflexology treatment (in the reflexology group) / 30 minutes after admission (in the control group)*; 1 hour later (90-minute measurement point)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
			provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	
Mahdavipour 2019 [R096-S] **Country:** Iran **Setting (detail):** hospital - outpatient (gynecology outpatient clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 100 adults (R. 54 years, C. 52 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (depression during menopause) **Inclusion criteria:** depression (clinical diagnosis based on DSM-IV and BDI >14 pts); menopause **Exclusion criteria:** diabetes, vascular disease or injuries of lower extremities; use of other complementary therapy **ICD code:** GA30.0 Menopause; SD82 Depression disorder	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, hypothalamus gland, pituitary gland, heart, lung, and adrenal gland (15 mins each foot) **When & how much:** 2 x 30-minute sessions per week for 6 weeks (12 sessions total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* severity of depressive disorder (BDI-II)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 6* (end of intervention period), week 14
Mahdavipour 2022 [R097-S] **Country:** Iran **Setting (detail):** hospital - outpatient (comprehensive health centre) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 100 adults (R. 54 years, C. 54 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (postmenopause) **Inclusion criteria:** Postmenopausal (missing ≥12 consecutive menstrual periods, and 1-5 years since last period) **Exclusion criteria:** Hormone replacement therapy; hysterectomy or oophorectomy **ICD code:** GA30.0 Menopause	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex point: solar plexus (5 mins each foot) plus general foot massage (10 mins each foot) **When & how much:** 2 x 30-minute sessions per week for 6 weeks (12 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *HR-QoL:* menopause-related QoL (MENQOL: vasomotor, psychosocial*, physical, sexual domains) *Global symptoms:* menopause symptom severity (MENQOL: vasomotor, psychosocial, physical*, sexual domains) **Ineligible outcomes:** n/a **Timing of outcome measurement:** weeks 6* (end of intervention) and 14

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Mak 2007 [R098-S] **Country:** Hong Kong **Setting (detail):** hospital - outpatient (gynaecology hospital) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 120 adults (R. 56 years; C. 56 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (overactive bladder) **Inclusion criteria:** Symptoms of overactive bladder; mixed stress and urge incontinence, with majority of the leakage accidents due to urge incontinence **Exclusion criteria:** Predominant stress urinary incontinence; other urinary tract or bladder diseases; pregnancy; pelvic, vaginal, or bladder surgery within 6 months; clinically significant heart disease **ICD code:** GC50.0 Overactive bladder	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex point of the renal tract **When & how much:** 1 x 45-minute session per day for 3 weeks (21 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** foot massage with overly light pressure and avoiding reflex points **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (KHQ domains - incontinence impact, general health perception, role limitations*, physical limitations, social limitations, personal limitations, emotion, sleep/energy) **Ineligible outcomes:** *Other:* urinary frequency, nocturia episodes, urgency episodes, urge incontinence episodes; *Global symptoms:* incontinence severity (KHQ - severity measures) [note: KHQ symptom severity scale NR] **Timing of outcome measurement:** week 3 (end of 3-week intervention period)*
Miller 2013 [R100-S] **Country:** United Kingdom **Setting (detail):** hospital - outpatient (multiple sclerosis service rehabilitation unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 20 participants (R. 54 years, C. 58 [mean]; R. 60% female, C. 30%) **Treatment goal:** relieve symptoms of a condition (multiple sclerosis) **Inclusion criteria:** moderate to severe primary or secondary progressive multiple sclerosis; EDS score of > 6.5; ≥ 2 of the following symptoms: bowel, bladder dysfunction, muscle stiffness or spasm, pain, anxiety, depression or poor sleep quality **Exclusion criteria:** MMSE score of ≤ 23; rapidly progressing disease; additional coexisting neurological conditions; other serious illness such as malignancy or major organ failure; previous reflexology treatment **ICD code:** 8A40 Multiple sclerosis	**Name:** R - body part NS **What – procedure:** body part NR; reflex points and pressure as per participant indication **When & how much:** 1 x 60-minute session per week for 8 weeks (8 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** lower legs and feet with no pressure on reflex points **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (VAS)* *Emotional functioning/mental health:* depressed mood symptom severity (HAD - depression subscale)*, anxiety symptom severity (HAD - anxiety subscale), mental distress symptom severity (MSIS psychological subscale) *HR-QoL:* overall HR-QoL (MSIS - total score*, physical subscale) *Physical function:* physical functioning (MSIS - physical subscale [included in total HR-QoL]) **Ineligible outcomes:** *Single symptoms:* muscle spasm, muscle stiffness, bladder, bowels (VAS for each) **Timing of outcome measurement:** weeks 8* (end of intervention period) and 16

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Mobini-Bidgoli 2017 [R103-S] **Country:** Iran **Setting (detail):** hospital - inpatient (angiography ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 80 adults (R. 60 years, C. 63 [mean]; R. 49% female, C. 51%) **Treatment goal:** relieve procedure-related side effects (coronary angiography) **Inclusion criteria:** First coronary angiography; stable haemodynamic status; severe anxiety (STAI-S score ≥ 43) **Exclusion criteria:** History of heart surgery or cardiac arrest; use of sedatives of anxiolytics within 72 hrs of procedure; thyroid disorders, epilepsy; drug addiction **ICD code:** Coronary angiography	**Name:** R - hand **What – procedure:** both hands as per protocol using reflex points: solar plexus/diaphragm, thyroid/parathyroid, lung, cardiac, adrenal glands, kidney (14 thumb rotations per point) **When & how much:** 1 x session (duration NR), at least 1 hour prior to procedure **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** simple hand massage, not further described **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* preprocedural anxiety (STAI - state)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** 30* and 60 minutes after the intervention (and prior to procedure)
Molavi Vardanjani 2013 [R108-S] **Country:** Iran **Setting (detail):** hospital - inpatient (angiography ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 100 adults (R. 53 years, C. 55 [mean]; 0% female) **Treatment goal:** relieve procedure-related side effects (coronary angiography) **Inclusion criteria:** Undergoing coronary angiography **Exclusion criteria:** Depressive or anxiety disorders; anti-anxiety drugs within 48 hrs; emergency angiography; varicose vein, peripheral neuropathy or deep vein thrombosis **ICD code:** Coronary angiography	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, pituitary gland, and heart (2 mins each point) **When & how much:** 1 x 30-minute session, one day before procedure (1 session total) **Who administered (provider); training:** provider administered (massage therapist); NR **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** general foot massage without stimulation of reflexology points **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* preprocedural anxiety (STAI - NR if state or trait)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** 30 minutes post-intervention* (day prior to procedure)
Murat-Ringot 2021 [R110-S] **Country:** France **Setting (detail):**	**No. randomised [eligible treatment arms] (age; sex):** 80 adults (R. 63 years, C. 63 [mean]; R. 33% female, C. 42%)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: upper and lower digestive, lymphatic system, kidneys and bladder,	**Name:** inactive - usual care **What – procedure:** standard antiemetic drugs (eg, 5-hydroxytryptamine 3 receptor	**Eligible outcomes:** *Emotional functioning/mental health:* mental distress severity (HADS - total)* *HR-QoL:* overall HR-QoL (EORTC-QLQ-C30 - total)*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
hospital - inpatient, hospital - outpatient (oncology) **RCT design:** parallel group	**Treatment goal:** prevent treatment-related side effects (chemotherapy, lung/digestive cancer) **Inclusion criteria:** Lung cancer or digestive cancer at stages IV, IIIB, IIIA, or II; on platinum-based chemotherapy with or without concomitant radiation therapy; WHO performance status of ≤ 2 **Exclusion criteria:** Phlebitis; vena cava syndrome; weight loss of >5% in the 3 months before the inclusion date; uncontrolled pain; receiving morphine or morphine derivatives; brain metastases **ICD code:** 02 Malignant neoplasms of digestive organs; 2C25 Malignant neoplasms of bronchus or lung (chemotherapy)	lungs, thyroid, parathyroid, diencephalon, scapular belt, diaphragm, spine **When & how much:** 1 x 30-minute session per cycle for 4 cycles [2-3 week period between cycles] (4 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	antagonists, dexamethasone, and/or neurokinin-1 receptor antagonists) **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	*Global symptoms:* acute nausea (VAS, during 2nd chemotherapy cycle)*, delayed nausea (diary, number and severity of episodes), delayed vomiting (diary, number of episodes) **Ineligible outcomes:** *Other:* self-esteem (BIQ), antiemetics use **Timing of outcome measurement:** end of intervention period (after 4th chemotherapy cycle, EFMH/HR-QoL)*; during 2nd chemotherapy cycle (acute nausea)*
Nasiri 2020 [R112-S] **Country:** Iran **Setting (detail):** other (prenatal care clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 72 participants (R. 30 years, C. 29 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (sleep disturbance in high-risk pregnancy) **Inclusion criteria:** high-risk pregnancy (gestational diabetes and high blood pressure); gestational age 28-32 weeks **Exclusion criteria:** neurological disease; medical record or self-reported history of psychological or anxiety disorders; current use of complementary treatment; **ICD code:** JA63.2 Diabetes mellitus arising in pregnancy; JA23 Gestational hypertension	**Name:** R - foot **What – procedure:** feet, reflex points not reported **When & how much:** 2 x 30-minute sessions per week for 4 weeks **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** routine prenatal care **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Sleep quality:* sleep quality (Sleep Condition Indicator (SCI) overall)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 4* (end of intervention period; reported as 'after the intervention')
Navaee 2020 [R113-S] **Country:** Iran	**No. randomised [eligible treatment arms] (age; sex):** 90 adults (R. 25 years, C1. 26, C2. 25 [mean]; 100% female)	**Name:** R - foot **What – procedure:**	**Name:** C1 inactive - no intervention C2 inactive - sham **What – procedure:**	**Eligible outcomes:** *Emotional functioning/mental health:* preoperative anxiety (STAI - state)* **Ineligible outcomes:** n/a

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Setting (detail): hospital - inpatient (gynaecology ward) **RCT design:** parallel group	**Treatment goal:** relieve surgery-related side effects (caesarean section) **Inclusion criteria:** scheduled cesarean section **Exclusion criteria:** use of analgesics; peripheral nephropathy or medical disease; surgery during previous 6 weeks **ICD code:** JB22.0 Delivery by elective caesarean section	both feet as per protocol using reflex points: solar and pituitary grid (15 mins each foot) **When & how much:** 1 x 30-minute session prior to surgery (1 session total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -n/a	C1-n/a C2-both feet with lighter touch using all reflex points except for anxiety points (15 mins each foot) **When & how much:** C1-n/a C2-as per reflexology group **Who administered (provider):** C1-n/a C2-provider administered **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	**Timing of outcome measurement:** post-intervention* (~30 mins before transfer to surgery)
Norheim 2023 [R114-S] **Country:** Norway **Setting (detail):** primary care (primary/family healthcare practice) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 20 participants (R. 44 years, C. 48 [mean]; R. 55% female, C. 67%) **Treatment goal:** relieve symptoms of a condition (rhinosinusitis) **Inclusion criteria:** Symptoms compatible with acute rhinosinusitis (≥ 2 Berg and Carenfelt criteria symptoms or signs); illness duration of ≤ 28 days **Exclusion criteria:** Known allergic reactions towards penicillin or amoxicillin; antibiotic treatment within last 4 weeks; complications of sinusitis; comorbidity resulting in impaired immune response; cystic fibrosis; pregnancy **ICD code:** CA01 Acute sinusitis (rhinosinusitis)	**Name:** R - body part NR **What – procedure:** body part not reported with stimulation of reflex zones for the whole body **When & how much:** between 2 and 4 sessions over 10 days (average of 3.1 sessions, duration NR) **Who administered (provider); training:** provider administered (reflexologist); reflexology trained (diploma) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Global symptoms:* rhinosinusitis symptoms (SNOT-16 - total score*, individual symptom scores) **Ineligible outcomes:** n/a **Timing of outcome measurement:** days 2 and 10* (end of intervention period)
Nourmohammadi 2019 [R115-S] **Country:** Iran	**No. randomised [eligible treatment arms] (age; sex):** 60 participants (R. 48 years, C. 51 [mean]; % female NR)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, pituitary gland,	**Name:** inactive - usual care **What – procedure:** routine care and prescribed medication, not further described	**Eligible outcomes:** *Fatigue:* fatigue severity overall (FSS)* **Ineligible outcomes:** n/a

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Setting (detail): NR (NR) **RCT design:** parallel group	**Treatment goal:** relieve treatment-related side effects (breast cancer, chemotherapy) **Inclusion criteria:** Breast cancer, first stage (≥ 1year since diagnosis); chemotherapy **Exclusion criteria:** Metastases; cardiovascular disease; mental disorders; diabetes mellitus; use of other complementary or alternative medicine; crises affecting fatigue severity **ICD code:** 2C6Z Malignant neoplasms of breast (chemotherapy)	spinal cord, vertebral column, pelvis, and limbs **When & how much:** 2 x 20-minute sessions per week for 4 weeks (8 sessions total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -usual care as per comparator arm	**When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Timing of outcome measurement:** 8 weeks post-intervention* (4-week intervention period)
Oleson 1993 [R117-S] **Country:** USA **Setting (detail):** NR (NR) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 50 adults (R. 37 years, C. 33 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (premenstrual symptoms) **Inclusion criteria:** self-reported premenstrual symptoms **Exclusion criteria:** pregnancy; oestrogen or progesterone therapy for PMS **ICD code:** GA34.40 Premenstrual tension syndrome	**Name:** R - foot, hand, ear **What – procedure:** feet, hands and ear as per protocol using reflex points: ovary, uterus, pituitary gland, adrenal gland, kidney, celiac or solar plexus, sympathetic nervous system, large intestine (hands and feet), shen men (ear) **When & how much:** 1 x 30-minute session per week for 8 weeks (8 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - sham **What – procedure:** feet, hands and ear as per protocol using reflex points not appropriate for treatment of PMS: nose, ear, shoulder, upper arm, elbow, abdomen, and mouth **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Global symptoms:* premenstrual symptom severity (daily symptom diary - total PMS*, somatic symptoms, psychological symptoms) **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 8* [mean of daily scores 7 days before menses onset during 2 intervention-period cycles], week 16 [mean of daily scores 7 days before menses onset during 2 post-intervention cycles]
Ozdelikara 2017 [R118-S] **Country:** Turkey **Setting (detail):** hospital - outpatient	**No. randomised [eligible treatment arms] (age; sex):** 60 adults (R. 51 years, C. 51 [mean]; 100% female) **Treatment goal:** relieve treatment-related side effects, relieve symptoms of a condition (breast cancer, chemotherapy)	**Name:** R - foot **What – procedure:** both feet per protocol using reflex points: all system organs, solar plexus	**Name:** inactive - usual care **What – procedure:** usual care, e.g. antiemetics **When & how much:** n/a	**Eligible outcomes:** *Pain:* pain intensity (EORTC QLQ-C30 pain scale - see 'Global symptoms') *Fatigue:* fatigue severity overall (EORTC QLQ-C30 fatigue scale - see 'Global symptoms') *Emotional functioning/mental health:* mental distress severity (EORTC QLQ-C30 emotional functioning scale)*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
(ambulatory chemotherapy unit) **RCT design:** parallel group	**Inclusion criteria:** Diagnosis of stage I-II-III breast cancer; receiving epirubicin and cyclophosphamide **Exclusion criteria:** Radiotherapy; hemorrhage, epilepsy or fever; paraplegia or thrombosis; gall-kidney stone; diagnosis of psychiatric disorder or dementia; previous reflexology **ICD code:** 2C6Z Malignant neoplasms of breast (chemotherapy)	**When & how much:** 1 x 30- to 40-minute session during each chemotherapy cycle for 3 cycles (3 sessions total) [cycle duration NR, 21 days between cycles; intervention duration > 6 weeks] **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	*HR-QoL:* overall HR-QoL (EORTC QLQ-C30 - general health score*; composite of functional scales; composite of symptom scales) *Physical function:* function (EORTC QLQ-C30 - physical functioning scale)* *Global symptoms:* overall cancer symptoms (EORTC QLQ-C30 - composite of symptom scales: pain, fatigue, N&V, sleep and others)* **Ineligible outcomes:** *HR-QoL:* role performance, cognitive status, social status (EORTC-QLQ-C30 scores) **Timing of outcome measurement:** > 6 weeks (24 hours after end of 3rd chemotherapy cycle/final reflexology treatment; 21 days between cycles)*
Ozdemir 2013 [R119-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (haemodialysis units) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 80 adults (R. 43 years, C. 54 [mean]; R. 68% female, C. 58%) **Treatment goal:** relieve procedure-related side effects (haemodialysis) **Inclusion criteria:** Haemodialysis 3 times a week for ≥ 6 months; fatigue, pain or cramps (VAS ≥ 1) **Exclusion criteria:** Peripheral neuropathy **ICD code:** QB94 Care involving dialysis	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: hypophysis, thyroid, parathyroid, pancreas, adrenal gland and solar plexus **When & how much:** 3 x 30-minute sessions over one week, after haemodialysis (3 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -NR	**Name:** inactive - control (not described) **What – procedure:** NR (likely no intervention) **When & how much:** NR (likely no intervention) **Who administered (provider):** NR **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postprocedural pain intensity - early acute (VAS)*; severity of cramps (VAS) *Fatigue:* fatigue severity and impact (PFS - total*, behavioural/severity, affection, sensory & cognitive/psychological subscales) **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 1 (end of reflexology intervention period; 10 mins after 3rd haemodialysis session during intervention period)*
Ozkan 2017 [R120-S] **Country:** Turkey **Setting (detail):** community based	**No. randomised [eligible treatment arms] (age; sex):** 60 children (R. 27% [aged 2-6], C1. 33%, C2. 27%; R. 40% [aged 7-11], C1. 40%, C2. 40%; R. 33% [aged 12-18], C1. 27%, C2. 33%; R. 40% female, C2. 47%, C2. 47%)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: brain, hypophysis, neck (5/8 mins for right/left foot), spine (2 mins) and	**Name:** C1 inactive - placebo C2 inactive - usual care **What – procedure:** C1-foot touch without pressure C2-usual care (physiotherapy, drug treatments, special training)	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (PedsQL - children total score, parent total score*) *Physical function:* physical functioning (GMFM - total score*, WeeFIM - total score)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
(special education and rehabilitation centre) **RCT design:** parallel group	**Treatment goal:** relieve symptoms of a condition (cerebral palsy) **Inclusion criteria:** Spastic cerebral palsy **Exclusion criteria:** Other forms of cerebral palsy; active epilepsy; surgery, botulinum toxin injection or use of complementary or alternative treatments within last 6 months **ICD code:** 8D20 Spastic cerebral palsy	other areas (total 12/10 mins for right/left foot) **When & how much:** 1 x 45-minute session per week for 12 weeks (12 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**When & how much:** C1-as per reflexology group C2-n/a **Who administered (provider):** C1-provider administered C2-n/a **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	**Ineligible outcomes:** *Other:* spasticity (MAS, MTS) **Timing of outcome measurement:** 12 weeks (end of intervention period)*
Öztürk 2018 [R121-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (intensive care units & gynecology services) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 100 adults (47 years [mean]; 100% female) **Treatment goal:** relieve surgery-related side effects (hysterectomy) **Inclusion criteria:** Post-abdominal hysterectomy; independent or low-level dependent patients; VAS pain score ≥3 **Exclusion criteria:** Postoperative complications; oncology patients; chronic pain; infections, wounds and other diseases of lower limbs; peripheral neuropathy **ICD code:** Abdominal hysterectomy	**Name:** R - foot **What – procedure:** both feet as per protocol, using reflex points: cardiovascular, respiratory, endocrine and reproduction systems, hypophysis, thyroid, parathyroid, pancreas, adrenal gland and solar plexus (10 mins each foot) **When & how much:** 1 x 20-minute session per day on postoperative days 1-3 (3 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** standard patient-controlled analgesics (IV morphine) **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity - late acute [72 hrs] (VAS)*; use of analgesics (mg) *Emotional functioning/mental health:* postoperative anxiety - late acute [72 hrs] (STAI-state*) **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately* and 30 mins post-intervention on postoperative days 1, 2 and 3* (end of intervention period)
Polat 2017 [R123-S] **Country:** Turkey	**No. randomised [eligible treatment arms] (age; sex):** 43 participants (R. 61 years, C. 60 [mean]; R. 20% female, C. 27%)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, all organs, with	**Name:** inactive - no intervention **What – procedure:** n/a	**Eligible outcomes:** *Fatigue:* fatigue severity overall (VASF - fatigue subscale)*, energy (VASF - energy subscale)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Setting (detail): hospital - outpatient (chest diseases and chest surgery center polyclinic) **RCT design:** parallel group	**Treatment goal:** relieve symptoms of a condition (COPD) **Inclusion criteria:** COPD with dyspnea and fatigue **Exclusion criteria:** Hospitalized in last 6 months; participating in pulmonary rehabilitation program; progressive health problems associated with COPD **ICD code:** CA22 Chronic obstructive pulmonary disease	particular focus on respiratory organ points **When & how much:** 2 x 50-60-minute sessions per week for 4 weeks (8 session total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -n/a	**When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Ineligible outcomes:** *Single symptoms:* dyspnea (Baseline Dyspnea Index) **Timing of outcome measurement:** week 4 (end of intervention period)*
Poole 2007 [R124-S] **Country:** United Kingdom **Setting (detail):** primary care (general practices, local health centres) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 152 adults (R. 48 years, C 48 [mean]; R. 62% female, C. 53%) **Treatment goal:** relieve symptoms of a condition (low back pain) **Inclusion criteria:** Benign chronic low back pain (unresolved episode >12 weeks duration) **Exclusion criteria:** Significant co-existing major medical illnesses or psychiatric disorders **ICD code:** MG30.02 Chronic primary low back pain	**Name:** R - foot **What – procedure:** both feet as per participant indication using Morrell technique; reflex points not specified **When & how much:** 6 x 1-hour treatments over 6 to 8 weeks (6 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - usual care **What – procedure:** medication and other complementary or alternative medicine modules, per participant indication **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** Active - progressive muscle relaxation (PMR)	**Eligible outcomes:** *Pain:* pain overall (VAS*, SF-36 pain subdimension) *Fatigue:* fatigue severity overall (SF-36 energy & vitality subdimension)* *Physical function:* physical functioning (ODI*, SF-36 physical functioning subdimension) *HR-QoL:* overall HR-QoL (SF-36 general health perception subdimension*) **Ineligible outcomes:** *Emotional functioning/mental health:* depression symptom severity (BDI-II), mental health (SF-36 subscale); social functioning; role limitations due to physical/emotional problems (SF-36 subdimensions) **Timing of outcome measurement:** end of intervention* (6 to 8 weeks); 6 months post-intervention
Quinn 2008 [R125-S] **Country:** United Kingdom **Setting (detail):** NR	**No. randomised [eligible treatment arms] (age; sex):** 15 participants (R. 42 years, C. 45 [median]; R. 86% female, C. 50%) **Treatment goal:** relieve symptoms of a condition (low back pain)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points that are representative of the vertebrae of the spine and the surrounding musculature	**Name:** inactive - sham **What – procedure:** both feet using low pressure to reflex points, avoiding reflex points representative of the vertebrae of the spine and surrounding musculature	**Eligible outcomes:** *Pain:* pain overall (VAS*, MPQ) *Fatigue:* fatigue severity overall (SF-36 - vitality subscale)* *HR-QoL:* emotional well-being (SF-36 - emotional dimension*, physical dimension, general health subscale)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
(NR) **RCT design:** parallel group	**Inclusion criteria:** Low back pain (non-specific); any physiotherapy, medication or other treatment for LBP stabilized for at least 3 months **Exclusion criteria:** n/a **ICD code:** MG30.02 Chronic primary low back pain	**When & how much:** 1 x 40-minute session per week for 6 weeks (6 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -n/a	**When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	*Physical function:* disability - global (SF-36 - physical functioning subscale)*; physical functioning (RMDQ) **Ineligible outcomes:** *HR-QoL:* SF-36 subscales - role physical, role emotional, mental health, bodily pain, social functioning **Timing of outcome measurement:** weeks 6* (end of intervention period), 12 and 18
Rahmani 2016 [R126-S] **Country:** Iran **Setting (detail):** hospital - inpatient (coronary care unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 140 participants (R1. 61 years, R2. 63, C1. 60, C2. 61 [mean]; 0% female) **Treatment goal:** relieve treatment-related side effects (CVD inpatient stress) **Inclusion criteria:** Acute coronary syndrome **Exclusion criteria:** Diabetes, neuropathy; use of sedatives or general anesthesia within the previous 12 hours; ejection fraction ≤ 40%; addiction to stimulatory drugs, alcohol, narcotics or sedatives **ICD code:** BA4Z Acute ischaemic heart disease	**Name:** R1 - foot R2 - foot + foot bath **What – procedure:** R1. & R2. both feet as per protocol using reflex points: solar plexus R2. foot bath (see comparator arm C1) **When & how much:** R1. & R2. reflexology: 1 x 10-minute session per day on days 2 and 3 of hospitalisation (2 sessions total) R2. foot bath: see comparator arm C1 **Who administered (provider); training:** provider administered (nurse); NR **Co-intervention(s):** R1-n/a R2-see comparator arm	**Name:** C1 inactive control - foot bath (co-intervention) C2 inactive - no intervention **What – procedure:** C1-both feet immersed in 40°C water up to 10 cm above the ankle without washing or massage C2-n/a **When & how much:** C1-1 x 10-minute session per day on days 2 and 3 of hospitalisation (2 sessions total) C2-n/a **Who administered (provider):** C1-provider administered C2-n/a **No. arms included in synthesis (treatment & control):** 4 **Ineligible arms:** Active - warm foot bath	**Eligible outcomes:** *Sleep quality:* sleep quality overall (VSH subscales - sleep disturbance*, sleep efficacy, daytime sleep) **Ineligible outcomes:** n/a **Timing of outcome measurement:** days 3 and 4* of hospitalisation (intervention delivered nights 2 and 3 before sleep)
Rahmani Vasokolaei 2019 [R127-S] **Country:** Iran **Setting (detail):**	**No. randomised [eligible treatment arms] (age; sex):** 90 adults (R. 50 years, C. 49 [mean]; 100% female) **Treatment goal:** relieve treatment-related side effects (CCU inpatient stress)	**Name:** R - hand **What – procedure:** both hands as per protocol using reflex points: solar plexus, pituitary gland and heart (10 mins per hand)	**Name:** inactive - placebo **What – procedure:** touch on thumbs without stimulation of hand reflexology	**Eligible outcomes:** *Emotional functioning/mental health:* anxiety during hospitalisation (STAI - total, state* & trait) **Ineligible outcomes:** *Physiological function & signs:* HR, RR, MAP

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
hospital - inpatient (cardiac care unit) **RCT design:** parallel group	**Inclusion criteria:** Hospitalised with coronary artery disease **Exclusion criteria:** Use of anxiolytic drugs; history of drug addiction **ICD code:** XA3B03 Coronary arteries disease (CCU)	**When & how much:** 1 x 20-minute session during hospital stay (1 session total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - acupressure	**Timing of outcome measurement:** immediate* and 30 mins post-intervention
Rambod 2019 [R128-S] **Country:** Iran **Setting (detail):** hospital - inpatient, hospital - outpatient (hematology and oncology wards) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 72 adults (R. 42 years, C. 47 [mean]; R. 31% female, C. 25%) **Treatment goal:** relieve symptoms of a condition (lymphoma) **Inclusion criteria:** Lymphoma **Exclusion criteria:** Sleep medications; infectious or bleeding leg ulcers; physical disabilities; mental disorders disabling self-care; thyroid problems; epilepsy; diabetes; gout or other circulatory problems of the feet **ICD code:** XH5FJ5 Malignant lymphoma	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points related to: sleep; fatigue; back, scapula, hands, legs, and feet pain; cervical spine, thoracic spine, lumbar spine, and sacrum; legs/knees/lower back, elbows, arms, shoulders, sciatic nerve and lower back (15 mins each foot) **When & how much:** 1 x 30-minute session per day for 5 days (5 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (NPRS)* *Sleep quality:* sleep quality overall (PSQI - total)*, subjective sleep quality, sleep latency, sleep duration, daytime dysfunction, sleep disturbance, sleep medication, sleep sufficiency (PSQI subscales) *Fatigue:* fatigue severity overall (MFI - global)*, general fatigue, physical fatigue, mental fatigue, reduced activity, reduced motivation (MFI subscales) **Ineligible outcomes:** n/a **Timing of outcome measurement:** end of 5-day intervention period*
Ramezanibadr 2018 [R129-S] **Country:** Iran **Setting (detail):** hospital - inpatient (angiography room)	**No. randomised [eligible treatment arms] (age; sex):** 150 adults (67 years [mean]; 0% female) **Treatment goal:** relieve procedure-related side effects (coronary angiography) **Inclusion criteria:** Undergoing coronary angiography; STAI-state score >40 (severe anxiety)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, heart and pituitary (20 mins)	**Name:** C1 inactive - other C2 inactive - sham **What – procedure:** C1-researcher attention C2-both feet as per protocol using reflex point: uterine (20 mins)	**Eligible outcomes:** Emotional functioning/mental healt: preprocedural anxiety (STAI - state)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** 1 hour post-intervention*, immediately before procedure

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
RCT design: parallel group	**Exclusion criteria:** Opioid addiction; health issues or arterial line in feet; use of anxiolytic agents within 48 hrs **ICD code:** Coronary angiography; MB24.3 Anxiety (severe)	**When & how much:** 1 x 20-minute session before procedure (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -n/a	**When & how much:** C1-as per reflexology group C2-as per reflexology group **Who administered (provider):** C1-n/a C2-provider administered **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	
Razavi 2022 [R130-S] **Country:** Iran **Setting (detail):** hospital - inpatient (hemodialysis ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 50 adults (R. 56 years, C. 62 [mean]; 100% female) **Treatment goal:** relieve procedure-related side effects (arteriovenous fistula needle insertion) **Inclusion criteria:** Hemodialysis through the AVF (for at least three months) **Exclusion criteria:** Neuropathological problems; skin diseases, wounds, fractures, amputation, or deep vein thrombosis in the legs; candidate for kidney transplantation, receiving painkillers 8-12 hours before hemodialysis, drug addiction **ICD code:** QB94 Care involving dialysis	**Name:** R - foot **What – procedure:** both feet including reflex points: kidney, solar plexus (10 mins each foot including 5 mins focusing on reflex points) **When & how much:** 1 x 20-minute session per day for 3 days, immediately before needle insertion (3 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* periprocedural pain intensity (VAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately after insertion of needle into AV fistula in haemodialysis sessions 1, 2 and 3*
Rejeh 2020 [R131-S] **Country:** Iran **Setting (detail):** hospital - inpatient (coronary angiography department)	**No. randomised [eligible treatment arms] (age; sex):** 90 adults (R. 61 years, C. 58 [mean]; R. 23% female, C. 13%) **Treatment goal:** relieve procedure-related side effects (coronary angiography) **Inclusion criteria:** Non-emergency coronary angiography	**Name:** R - hand **What – procedure:** both hands as per protocol using reflex points: solar plexus, heart, pituitary (10 mins each hand) **When & how much:** 1 x 20-minute session after procedure (1 session total)	**Name:** inactive - usual care **What – procedure:** bed rest in supine position **When & how much:** n/a **Who administered (provider):** n/a	**Eligible outcomes:** *Pain:* postprocedural pain intensity - early acute (NRS)* **Ineligible outcomes:** *Fatigue:* fatigue severity overall (RFS) **Timing of outcome measurement:** immediately*, 4 and 6 hours post-intervention (intervention delivered after procedure)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
RCT design: parallel group	**Exclusion criteria:** Prior invasive procedures; previous history of coronary angiography; sensory-motor disorders and wounds in upper limbs; hemodynamic instability **ICD code:** Coronary angiography	**Who administered (provider); training:** provider administered (nurse); reflexology training **Co-intervention(s):** R -n/a	**No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	
Rezaei 2022 [R132-S] **Country:** Iran **Setting (detail):** hospital - inpatient (oncology department) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 74 adults (R. 52 years, C. 56 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (breast cancer) **Inclusion criteria:** Breast cancer diagnosed ≥3 months previously **Exclusion criteria:** Active psychological diseases; opioid addiction; anxiety management; diabetes **ICD code:** 2C6Z Malignant neoplasms of breast (chemotherapy)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, pituitary glands (20 mins each foot) **When & how much:** 2 x 40-minute sessions (morning and afternoon of same day) **Who administered (provider); training:** provider administered (reflexologist, research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - other **What – procedure:** usual care (not described) with researcher attention **When & how much:** as per reflexology group **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* mental distress severity (STAI - state)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** post-intervention*
Ross 2002 [R133-S] **Country:** United Kingdom **Setting (detail):** hospital - outpatient (day care) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 26 adults (74 [mean], 76% female) **Treatment goal:** relieve symptoms of a condition (advanced cancers) **Inclusion criteria:** Diagnosed with advanced cancers **Exclusion criteria:** n/a **ICD code:** 02 Neoplasms (palliative)	**Name:** R - foot **What – procedure:** protocol not described **When & how much:** 1 x session per week for 6 weeks (duration not specified) (6 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** basic foot massage using light strokes without stimulating reflex areas **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2	**Eligible outcomes:** *Emotional functioning/mental health:* anxiety/depression symptom severity (HADS - combined anxiety & depression scales)* *Global symptoms:* symptom severity overall (study-specific 10-point rating scale; severity of 10 common symptoms - results NR)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** weeks 1 to 6 (end of intervention period) [mean of measurements at all timepoints reported for HADS; symptom severity scores NR]

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
			Ineligible arms: none	
Sajadi 2020a [R134-S] **Country:** Iran **Setting (detail):** community based (multiple sclerosis society) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 70 adults (R. 33% : 33% : 33%, C. 37% : 37% : 27% [20-29 : 30-39 : 40-49 years]; R. 94% female, C. 93%) **Treatment goal:** relieve symptoms of a condition (multiple sclerosis) **Inclusion criteria:** Relapsing-remitting multiple sclerosis; Expanded Disability Status Scale (EDSS) score ≤4 **Exclusion criteria:** sleep medications and antidepressants **ICD code:** 8A40.0 Relapsing-remitting multiple sclerosis; MB24.3 Anxiety (moderate to severe); MG41 Sleep disturbance;	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: pituitary gland, hypothalamus, pineal gland **When & how much:** 2 x 30-to-40-minute sessions per week for 4 weeks (8 sessions total) **Who administered (provider); training:** provider administered (reflexologist); NR **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** general massage without pressure on any reflex point **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Sleep quality:* sleep quality overall (PSQ - total score)* *Fatigue:* fatigue severity overall (FIS - total score*, cognitive, physical, social subscales) *Emotional functioning/mental health:* anxiety symptom severity (STAI - 20 items, NR if state or trait subscale)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** end of 4-week intervention period*
Sajadi 2020b [R135-S] **Country:** Iran **Setting (detail):** community based (multiple sclerosis society) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 68 adults (R. 35 years, C. 32 [mean]; R. 94% female, C. 93%) **Treatment goal:** relieve symptoms of a condition (constipation in MS) **Inclusion criteria:** Multiple sclerosis, Expanded Disability Status Scale ≤4; constipation (Roe IV criteria); following diet recommended by Arak MS Society **Exclusion criteria:** Vascular diseases; opiates, hypnotics, antidepressants and analgesics **ICD code:** ME05.0 Constipation; 8A40 Multiple sclerosis	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: stomach, liver, small intestine, large intestine, solar plexus (15 mins each foot) **When & how much:** 2 x 30-to-40-minute sessions per week for 6 weeks (12 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** surface massage without pressure **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Fatigue:* fatigue severity overall (SF-36 energy/fatigue domain - error in data)* *HR-QoL:* overall HR-QoL (SF-36 general health domain*, other SF-36 domains: emotional well-being, role limitations due to physical/emotional problems, pain)* *Physical function:* physical functioning (SF-36: physical functioning domain)* *Global symptoms:* constipation severity (CAS)* **Ineligible outcomes:** *Other:* SF-36 domains: social function, **Timing of outcome measurement:** week 6 (post-intervention)*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Samarehfekri 2020 [R137-S] **Country:** Iran **Setting (detail):** hospital - inpatient (transplantation department) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 53 participants (R. 38 years, C. 39 [mean]; 81% female) **Treatment goal:** relieve surgery-related side effects (kidney transplant) **Inclusion criteria:** Kidney transplant **Exclusion criteria:** Previous kidney transplant; ulcers or injuries of feet; drug use or alcohol addiction; use of sedatives **ICD code:** Kidney transplantation	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: pituitary and pineal glands, spine (15 mins each foot) **When & how much:** 1 x 30-minute sessions for 3 days, starting day 2 postoperative (3 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity - late acute [96 hrs] (VAS)*; use of analgesics *Sleep quality:* sleep quality overall (VSH - overall)* **Ineligible outcomes:** *Fatigue:* fatigue severity overall (VAS) **Timing of outcome measurement:** days 4* and 11 post-surgery (intervention delivered on days 2 to 4 post-surgery)
Sayari 2021.1 [R138-S] **Country:** Iran **Setting (detail):** hospital - inpatient (coronary care unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 90 adults (R. 58 years, C1. 55, C2. 56 [mean]; R. 57% female, C1. 63%, C2. 63%) **Treatment goal:** relieve treatment-related side effects (CCU inpatient stress) **Inclusion criteria:** Acute myocardial infarction (first instance); treatment with streptokinase; pain (VAS ≥3) **Exclusion criteria:** Exclusion criteria included visual and auditory disorders, history of chronic pain, alcohol and drug abuse, skin diseases, infectious ulcers, sensory impairment, edema, graft, hyperkeratosis and vascular disorders in the legs, lower limb amputation, history of underlying illnesses (diabetes mellitus, liver disorders, kidney, lung, blood disorders), antiarrhythmic, antianxiety and sleep deprivation drugs; any acute conditions at the time of the intervention and history of cardiopulmonary resuscitation.	**Name:** R - foot **What – procedure:** left foot using reflex points: solar plexus, heart (20 mins) [all 3 groups received IV nitroglycerin as required] **When & how much:** 1 x 20-minute session per day for 3 days, if severity of chest pain ≥ 3 (VAS) (3 sessions total) **Who administered (provider); training:** provider administered (nurse); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** C1 inactive - sham C2 inactive - other **What – procedure:** C1-right foot using reflex points: abdomen, pelvis; avoiding heart (20 mins) C2-researcher attention (conversation) (20 mins) **When & how much:** C1-as per reflexology group C2-as per reflexology group **Who administered (provider):** C1-provider administered C2-provider administered **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* chest pain intensity (VAS)* *Sleep quality:* sleep quality overall (VAS*, PSQ) [reported in Sayari 2021.2 in language other than English - results could not be extracted] *Emotional functioning/mental health:* anxiety during hospitalisation (VAS)* **Ineligible outcomes:** *Fatigue:* fatigue severity overall (VAS); *Physiological function & signs:* vital signs, SaO2, HR **Timing of outcome measurement:** *Sleep quality:* post-intervention on days 1 and 2* Pain and *Emotional functioning/mental health:* immediately* and 20 mins post-intervention on days 1, 2 and 3* [likely mean of 3 days reported]

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: BA41 Acute myocardial infarction			
Sehhatti 2020 [R139-S] **Country:** Iran **Setting (detail):** hospital - outpatient (outpatient public and private healthcare centers) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 74 participants (R. 26 years, C. 25 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (constipation during pregnancy) **Inclusion criteria:** Nulliparous single pregnancies; CAS score 9-16 **Exclusion criteria:** History of abortion or bleeding, radiation therapy, IBD and surgery; neurological diseases; foot or leg infections; thyroid diseases; narcotic use; diabetes, cardiac diseases and hypertension; placenta previa; idiopathic abdominal pain **ICD code:** ME05.0 Constipation; XT0S Pregnancy	**Name:** R - foot **What – procedure:** 1 min relaxation massage per foot followed by right foot reflexology as per protocol using reflex points: intestine, colon (5 min) **When & how much:** 1 x 10-minute session per week for 6 weeks (6 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - usual care **What – procedure:** conventional care **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* anxiety during pregnancy (STAI - state* & trait) *Global symptoms:* constipation severity - continuous, categorical* (CAS) [continuous preferred, but data not suitable for MA] **Ineligible outcomes:** *'Other' pregnancy, puerperium and perinatal outcomes:* frequency of fetal movement **Timing of outcome measurement:** weeks 1, 2, 3, 4, 5, and 6* (end of intervention period; only measure for EFMH)
Shaermoghadam 2016 [R140-S] **Country:** Iran **Setting (detail):** hospital - outpatient (polyclinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 90 adults (age and % female NR) **Treatment goal:** relieve procedure-related side effects (endoscopy) **Inclusion criteria:** Undergoing upper gastrointestinal endoscopy **Exclusion criteria:** Emergency endoscopy or history of endoscopy; use of hypnotics, opium or tranquilizers; history of neuropathy diseases; severe pain **ICD code:** Endoscopy	**Name:** R1 - foot R2 - hand **What – procedure:** R1: both feet as per protocol using reflex points: pituitary gland, diaphragm, lung and kidney / adrenal (10 mins) R2: both hands as per protocol using reflex points: pituitary gland, diaphragm, lung and kidney / adrenal (10 mins) **When & how much:** R1 & R2: 1 x 10-minute session, 30 minutes before procedure (1 session total) **Who administered (provider); training:** provider administered (research staff); NR	**Name:** inactive - control (not described) **What – procedure:** NR **When & how much:** NR **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* preprocedural anxiety (DASS-21 anxiety* and stress subscales) **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately prior to the procedure*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
		Co-intervention(s): R1-n/a R2-n/a		
Shahgholian 2016 [R141-S] **Country:** Iran **Setting (detail):** hospital - inpatient (hospitals) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 60 adults (55 years [mean], 50% female) **Treatment goal:** relieve procedure-related side effects (restless leg syndrome, haemodialysis) **Inclusion criteria:** Chronic end-stage renal failure patients undergoing haemodialysis for ≥3 months (3 x per week, 4 hr/session); idiopathic restless leg syndrome **Exclusion criteria:** medications (e.g. antidepressants, antipsychotics); treatment for RLS; peripheral neuropathy or vascular problems in lower limbs **ICD code:** QB94 Care involving dialysis	**Name:** R - foot **What – procedure:** procedure not described **When & how much:** 3 x 30-40-minute sessions per week for 4 weeks (12 sessions total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - stretching exercises	**Eligible outcomes:** *Global symptoms:* restless legs syndrome severity (IRLS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** post-intervention* [mean of 12 post-intervention scores measured during 4-week intervention period]
Shahriari 2021 [R142-S] **Country:** Iran **Setting (detail):** hospital - inpatient (hospitals) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 90 adults (R. 44 years, C. 45 [mean]; R. 49% female, C. 47%) **Treatment goal:** relieve symptoms of a condition (haemodialysis-associated pruritus) **Inclusion criteria:** Haemodialysis for ≥3 months (3 x per week, 3-4 hr/session); pruritus score ≥17 (PSS) **Exclusion criteria:** Diabetes ≥10 years; pregnancy; peritoneal dialysis **ICD code:** EC90.12 Haemodialysis-associated pruritus	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex point: solar plexus (5 mins per foot) **When & how much:** 3 x 10-minute sessions per week for 3 weeks (9 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** control group not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Global symptoms:* pruritus severity (PSS [Duo 1987])* **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 3 (48 hrs after final intervention)*
Shahsavari 2017 [R143-S] **Country:** Iran	**No. randomised [eligible treatment arms] (age; sex):** 80 adults (R. 46 years, C. 48 [mean]; R. 48% female, C. 50%)	**Name:** R - foot **What – procedure:**	**Name:** inactive - usual care **What – procedure:** usual care not described	**Eligible outcomes:** *Emotional functioning/mental health:* preprocedural anxiety (VAS-A)* **Ineligible outcomes:** *Physiological function & signs:* SBP, DBP, HR, RR, SaO2

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Setting (detail): hospital - inpatient (bronchoscopy room) **RCT design:** parallel group	**Treatment goal:** relieve procedure-related side effects (bronchoscopy) **Inclusion criteria:** Scheduled for first-time bronchoscopy **Exclusion criteria:** Emergency bronchoscopy; anxiety disorders; opioids or tranquilizer dependence; acute pain **ICD code:** Bronchoscopy	both feet as per protocol using reflex points: pituitary, solar plexus, heart, and lung (15 mins per foot) **When & how much:** 1 x 30-minute session, morning of procedure (1 session total) **Who administered (provider); training:** provider administered (reflexologist); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Timing of outcome measurement:** immediately post-intervention*, immediately before bronchoscopy
Sharifi 2022 [R144-S] **Country:** Iran **Setting (detail):** hospital - inpatient (maternity ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 100 adults (R. 29 years, C. 29 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, fourth stage) **Inclusion criteria:** gestational age 37-42 weeks; singleton pregnancies **Exclusion criteria:** obstetric complications (e.g. postpartum haemorrhage), high-risk pregnancies (e.g. multigravida, polyhydramnios); non-pharmacological methods to accelerate labour; drugs that affect nervous system **ICD code:** Labour, fourth stage	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: uterus, pituitary, solar plexus (10 mins per foot) **When & how much:** 2 x 20-minute sessions during labour and second hour postpartum (2 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** rotational pressure on the outer edge of the heel (10 mins each foot) **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postpartum pain intensity - immediate (VAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** 1, 2, 3* and 4 hrs postpartum (last intervention in 2nd hour postpartum)
Sharp 2010.1 [R145-S] **Country:** United Kingdom **Setting (detail):** hospital - outpatient	**No. randomised [eligible treatment arms] (age; sex):** 121 adults (R. 59 years, C1. 58 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (breast cancer)	**Name:** R - foot + SIS **What – procedure:** both feet as per protocol using reflex points: solar plexus, diaphragm, lung and shoulder, etc. (see Appendix for full list) + SIS (see comparator arm C2)	**Name:** C1 inactive - placebo + SIS **What – procedure:** C1-gentle scalp massage without stimulating reflex points + SIS **When & how much:** C1-as per reflexology group	**Eligible outcomes:** *Emotional functioning/mental health:* mental distress - anxiety (HADS total*, anxiety, depression subscales; anxiety preferred but data not suitable), mood (MRS - total, relaxation, happiness, energy, clear headedness, easy goingness, confidence subscales)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
(oncology health centres) **RCT design:** parallel group	**Inclusion criteria:** Newly diagnosed histologically proven early breast cancer; received breast surgery; WHO status 0 or 1 **Exclusion criteria:** History of other cancer **ICD code:** 2C6Z Malignant neoplasms of breast	**When & how much:** 1 x 1-hour session per week for 8 weeks (8 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Who administered (provider):** C1-provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Self-initiated support (SIS) [unable to combine in analysis]	*HR-QoL:* overall HR-QoL (FACT-B - total*; emotional wellbeing, physical wellbeing, functional wellbeing subscales) **Ineligible outcomes:** *HR-QoL:* additional concerns, social/family (FACT-B subscales); *Physiological function & signs:* immunological and endocrine markers **Timing of outcome measurement:** 3 weeks after end of 8-week intervention (18 weeks after surgery)* and 9 weeks after end of 8-week intervention period (24 weeks after surgery)
Shobeiri 2017 [R147-S] **Country:** Iran **Setting (detail):** community based (health care centres) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 84 adults (R 27 years, C. 26 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (pregnancy) **Inclusion criteria:** Primigravida, singleton pregnancy, 19-29 weeks gestation **Exclusion criteria:** Psychological disorders, obstetric complications **ICD code:** XT0S Pregnancy	**Name:** R - foot **What – procedure:** both feet using reflex point: solar plexus **When & how much:** 1 x 30-minute session per week for 5 weeks (5 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual prenatal care, not further described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - reflexology + counselling	**Eligible outcomes:** *Fatigue:* fatigue severity overall (FSC - Fatigue Continuum Form)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 5 (end of intervention period)*
Shokrollahi 2022 [R148-S] **Country:** Iran **Setting (detail):** hospital - inpatient (maternity ward) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 70 participants (R. 25 years, C. 27 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, active) **Inclusion criteria:** single-term pregnancies at onset of active delivery; primigravidity; cephalic presentation	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, pituitary gland, uterus (20 mins each foot) **When & how much:** 1 x 20-minute session during labour (1 session total)	**Name:** inactive - usual care **What – procedure:** routine maternity care (control of contractions, monitoring of fetal heart rate, monitoring of labor progress, no sedative drugs) **When & how much:** n/a	**Eligible outcomes:** *Pain:* pain intensity (VAS)* *Emotional functioning/mental health:* anxiety during labour (STAI* - 20 items, trait or state NR) **Ineligible outcomes:** *'Other' pregnancy, puerperium and perinatal outcomes:* duration of labour, APGAR score

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	Exclusion criteria: any medical, surgical, or pregnancy-related problems; complications during labour; use of analgesics or anaesthetics **ICD code:** Labour, first stage	**Who administered (provider); training:** provider administered (allied health practitioner); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - reflexology + aromatherapy (lavender oil applied w. reflexology)	**Timing of outcome measurement:** cervical dilation 4 cm* (post-intervention) and 7 cm
Şimşek 2022 [R150-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (chemotherapy unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 58 adults (≥ 25 years [range NR]; 100% female) **Treatment goal:** prevent treatment-related side effects (cancer, chemotherapy) **Inclusion criteria:** Stage III breast cancer; received 4-7 cycles of taxane chemotherapy **Exclusion criteria:** Psychiatric illness **ICD code:** 2C6Z Malignant neoplasms of breast, XS6H Stage III (chemotherapy)	**Name:** R - foot **What – procedure:** both feet per protocol using solar plexus reflex points (20 minutes each foot) **When & how much:** 1 x 40-minute session per week for 6 weeks during taxane chemotherapy session (6 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** routine chemotherapy care **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* mental distress symptom severity (STAI - state* & trait) **Ineligible outcomes:** *Single symptoms:* nausea, vomiting and retching - experience, occurrence, distress (RINVR) **Timing of outcome measurement:** *Emotional functioning/mental health:* weeks 1 to 6* (end of intervention period)
Soheili 2017 [R151-S] **Country:** Iran **Setting (detail):** hospital - outpatient (multiple schlerosis clinic) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 50 adults (R. 34 years, C. 34; 100% female) **Treatment goal:** relieve symptoms of a condition (mental distress in MS) **Inclusion criteria:** Multiple sclerosis, Expanded Disability Status Scale <7.5; depression score >13; anxiety score >9; stress score >18 (DASS-21) **Exclusion criteria:** acute relapse within previous month	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: solar plexus, hypothalamic, pituitary, spinal cord, adrenal gland and pelvic (20 mins each foot) **When & how much:** 2 x 40-minute sessions per week for 4 weeks (8 sessions total)	**Name:** inactive - usual care **What – procedure:** routine care and medical treatment **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 3	**Eligible outcomes:** *Emotional functioning/mental health:* anxiety symptom severity (DASS-21 anxiety subscale)*; depressed mood symptom severity (DASS-21 depression subscale); stress symptom severity (DASS-21 stress subscale) **Ineligible outcomes:** n/a **Timing of outcome measurement:** weeks 4* (end of intervention period) and 12

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: 8A40 Multiple sclerosis; MB24.3 Anxiety (moderate); MB24.5 Depressed mood (moderate); QE01 Stress (moderate)	**Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -usual care as per comparator arm	**Ineligible arms:** Active - relaxation (Benson/Jacobsen)	
Stephenson 2000 [R154-S] **Country:** USA **Setting (detail):** hospital - inpatient ((medical/oncology unit)) **RCT design:** crossover	**No. randomised [eligible treatment arms] (age; sex):** 23 adults (69 years [mean]; 65% female) **Treatment goal:** relieve symptoms of a condition (breast & lung cancers) **Inclusion criteria:** Lung or breast cancers; any reported pain or anxiety (VAS) **Exclusion criteria:** Recent surgery; peripheral neuropathy **ICD code:** 2C6Z Malignant neoplasms of breast; 2C25 Malignant neoplasms of bronchus or lung	**Name:** R - foot **What – procedure:** both feet as per participant indication, using reflex points associated with breast or lung cancer and areas of patients' self-reported pain, plus the pituitary, thyroid, and adrenal glands, the lymphatics and solar plexus **When & how much:** 1 x 30-minute session during hospital stay (1 session total) **Who administered (provider); training:** provider administered (reflexologist, research staff); reflexology trained (certificate) **Co-intervention(s):** n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* pain intensity (VAS*, SF-MPQ - present pain intensity score), pain type (SF-MPQ - pain descriptor rating) [Data only reported for breast cancer patients (n=13/23)] *Emotional functioning/mental health:* mental distress symptom severity - anxiety (VAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately after single reflexology treatment*
Stephenson 2007 [R153-S] **Country:** United States of America **Setting (detail):** hospital - inpatient (oncology unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 86 adults (R. 61 years, C. 56 [mean]; R. 57% female, C. 46%) **Treatment goal:** relieve symptoms of a condition (cancer) **Inclusion criteria:** Any metastatic cancer; pain (VAS ≥ 2) during current hospitalization **Exclusion criteria:** Surgery in past 6 weeks; radiation to the site of pain; peripheral neuropathy with	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: pituitary, thyroid, adrenal glands, solar plexus, and sites of cancer or patients' self-reported pain **When & how much:** 1 x 30-minute session (1 session total, administered by partner)	**Name:** inactive - other (attention control) **What – procedure:** partner read a section of material of patient's choice **When & how much:** 1 x 30-minute session (1 session total) **Who administered (provider):** self-administered, provider prescribed	**Eligible outcomes:** *Pain:* pain intensity (VAS*, BPI, SF-MPQ (pain descriptors)) [BPI and SF-MPQ results NR] *Emotional functioning/mental health:* mental distress symptom severity (VAS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately after single reflexology session*

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	> 50% loss of feeling **ICD code:** 2E2Z Malignant neoplasm metastasis	**Who administered (provider); training:** self-administered, provider prescribed (partner); reflexology training **Co-intervention(s):** R -n/a	**No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	
Tan 2014 [R156-S] **Country:** Philipines **Setting (detail):** NR (NR) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 20 adults (R. 90% 20-40 years,10% >40, C. 100% 20-40; 100% female) **Treatment goal:** relieve symptoms of a condition (postpartum pain) **Inclusion criteria:** Postpartum pain; ≤24 hours post-delivery; normal spontaneous delivery **Exclusion criteria:** Caesarean section; analgesic or pain medication used postpartum **ICD code:** XT4Z Postpartum (within 24 hrs of delivery)	**Name:** R - hand **What – procedure:** both hands as per protocol; reflex points not reported (5 mins each hand) **When & how much:** 1 x 10-minute session within 24 hours after childbirth (1 session total) **Who administered (provider); training:** provider administered (nurse); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postpartum pain intensity (NPRS)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** immediately post-intervention* (within 24 hrs of delivery)
Topcu 2020.1 [R227-S] **Country:** Denmark **Setting (detail):** NR (NR) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 61 adults (R. 48 years, C. 45 [mean]; R. 59% female, C. 65%) **Treatment goal:** relieve symptoms of a condition (asthma) **Inclusion criteria:** ≥6 months of bronchial asthma; FEV1 ≥60% plus either positive bronchodilator reversibility test, positive methacholine challenge test, positive test for exercise-induced asthma, or positive PEF variability **Exclusion criteria:** Hospitalised for asthma within 3 months; asthma exacerbation or changes in asthma medication within 1 month; smoking history >10 pack years **ICD code:** CA23 Asthma	**Name:** R - foot **What – procedure:** foot (unclear if one or both feet) as per participant indication; reflex points not reported (duration customised per participant) **When & how much:** weekly sessions for 4-6 weeks, fortnightly for one month, then monthly sessions until end of study (overall duration of intervention = 49 weeks); duration and no. of sessions customised per participant and not reported **Who administered (provider); training:** provider administered (reflexologist); reflexology training	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - homeopathy	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (AQLQ - total*, EQ-5D-index, EQ-5D-VAS) *Global symptoms:* asthma symptoms (AQLQ - symptoms domain*, ACQ-5) [ACQ-5 preferred but required data NR], daytime asthma symptoms, nocturnal asthma symptoms (diary cards) **Ineligible outcomes:** *HR-QoL:* activity limitation, emotional function, environmental stimuli (AQLQ domains); *Other:* use of rescue medication, total medication; *Physiological function & signs:* exhaled NO, s-ESP, blood esinophil, allergens (IgE), FEV1, PEV **Timing of outcome measurement:** weeks 26 and 52* (end of intervention period)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
		Co-intervention(s): R -usual care as per comparator arm		
Toygar 2020 [R160-S] **Country:** Turkey **Setting (detail):** hospital - outpatient (adult oncology unit) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 66 adults (R. 39 years, C. 42 [mean]; R. 85% female, C. 85%) **Treatment goal:** relieve symptoms of a condition (anxiety) **Inclusion criteria:** Informal caregiver of cancer patient **Exclusion criteria:** Psychological disorders; prior sleep disorders unrelated to caregiving; receiving treatment for sleep or anxiety disorders **ICD code:** MB24.3 Anxiety (moderate)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: pituitary gland, hypothalamus, brain, pineal gland, solar plexus (15 mins each foot) **When & how much:** 1 x 30-minute session per day for 3 days (3 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** inactive - placebo **What – procedure:** both feet softly rubbed, avoiding deep stimulation (15 min each foot) **When & how much:** as per reflexology group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* mental distress symptom severity (STAI - state)* **Ineligible outcomes:** *Sleep quality:* sleep quality overall (RCSQ) **Timing of outcome measurement:** post-intervention* [NR if result is single post-intervention score (day 3) or mean of scores days 1-3]
Tsay 2008 [R161-S] **Country:** Taiwan **Setting (detail):** hospital - inpatient (4 wards of a major medical center) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 62 adults (60 years [mean]; 52% female) **Treatment goal:** relieve surgery-related side effects (gastric & liver cancer, abdominal surgery,) **Inclusion criteria:** Abdominal surgery for hepatocellular or gastric cancer in past 24 hours; stable, alert and awake; patient-controlled analgesia for pain **Exclusion criteria:** History of chronic pain; disseminated cancer; narcotic or ethanol addiction; peripheral neuropathy; diagnosed deep vein thrombosis; open wound on foot; dementia; psychiatric diagnoses **ICD code:** 02 2B72 Malignant neoplasms of stomach (surgery)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: upper and lower abdomen, liver, spleen, gall bladder, duodenal, intestine, and colon (10 mins each foot) **When & how much:** 1 x 20-minute session on days 2-4 post-surgery, 1-3 hours after pain medication (3 sessions total) **Who administered (provider); training:** provider administered (reflexologist, nurse); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** patient-controlled analgesia (PCA) until the morning of the fourth day, as needed intravenous injections of meperidine (Demerol) for pain **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* postoperative pain intensity - late acute [120 hrs] (VAS*, SF-MPQ); use of analgesics (mg) *Emotional functioning/mental health:* postoperative anxiety - late acute [120 hrs] (HADS - anxiety subscale)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** *Pain:* days 3, 4, 5* (intervention period) and day 6 (no intervention) post-operative *Emotional functioning/mental health:* day 5 post-operative* (end of intervention period)

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Uguryol 2022 [R162-S] **Country:** Turkey **Setting (detail):** other (university) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 60 participants (21 years [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (anxiety) **Inclusion criteria:** Self-reported anxiety (BAI ≥26 ; STAI-T ≥37) **Exclusion criteria:** n/a **ICD code:** MB24.3 Anxiety (moderate to severe)	**Name:** R - foot **What – procedure:** foot reflexology, not further described **When & how much:** 3 x 20-minute sessions per week for 2 weeks (6 sessions total) **Who administered (provider); training:** NR (NR); NR **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health:* mental distress symptom severity (STAI - state* & trait, BAI, VAS-A) **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 2* (end of intervention period), week 6
Unal 2016 [R163-S] **Country:** Turkey **Setting (detail):** other (private dialysis center) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 73 participants (R. 52 years, C. 57 years [mean]; R. 46% female, C. 43%) **Treatment goal:** relieve treatment-related side effects (haemodialysis) **Inclusion criteria:** Haemodialysis therapy twice a week **Exclusion criteria:** Malignant diseases; thrombosis; bleeding disorders **ICD code:** QB94 Care involving dialysis; MG41 Sleep disturbance	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points: pituitary gland, hypothalamus, brain and pineal, medulla spinalis, solar plexus (15 mins each foot) **When & how much:** 2 x 30-minute sessions per week for 4 weeks, before hemodialysis (8 sessions total) **Who administered (provider); training:** provider administered (research staff); NR **Co-intervention(s):** R -n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - back massage	**Eligible outcomes:** *Sleep quality:* sleep quality overall (PSQI - total score)* *Fatigue:* fatigue severity overall (VASF - fatigue subscale)*, energy (VASF - energy subscale) **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 4 (end of intervention period)*
Us 2022 [R164-S] **Country:** Turkey **Setting (detail):**	**No. randomised [eligible treatment arms] (age; sex):** 120 newborns (39 weeks [median gestational age]; 47% female)	**Name:** R - foot **What – procedure:** both feet on the soles; protocol & reflex points not reported	**Name:** inactive - usual care **What – procedure:** wrapped	**Eligible outcomes:** *Pain:* periprocedural pain intensity (NIPS, crying duration*) [NIPS preferred but required data NR]

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
hospital - inpatient (neonatal ICU & maternity ward) **RCT design:** parallel group	**Treatment goal:** relieve procedure-related side effects (blood sampling, newborns) **Inclusion criteria:** Term infants undergoing heel lance or venous blood sampling **Exclusion criteria:** Birth weight <2500 g or >4000 g; preterm birth; major congenital anomaly or neurological problems **ICD code:** Heel prick test or venous blood sampling (newborns)	**When & how much:** 1 x 5-to-7-minute session, starting 3 minutes before procedure (1 session total) **Who administered (provider); training:** provider administered (allied health practitioner); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	in blanket and light clothing, placed in the supine position and fed (breast milk or infant formula) **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - sucrose; Active - kangaroo care; Active - classical music	**Ineligible outcomes:** *Physiological function & signs:* SBP, DBP, HR, RR, SpO2, MAP, temperature **Timing of outcome measurement:** during and 2 mins after* reflexology (delivered immediately prior to and during venous blood collection/heal prick procedure)
Uysal 2017 [R165-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (radiation oncology department) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 43 adults (R. 56 years, C 60, [mean]; R. 50%, C. 40%,) **Treatment goal:** relieve symptoms of a condition (colorectal cancer) **Inclusion criteria:** Colorectal cancer (2nd/3rd stage); received chemoradiotherapy **Exclusion criteria:** Other types of cancer; mental disorders **ICD code:** 2B91.Z Malignant neoplasms of rectosigmoid junction (chemoradiotherapy)	**Name:** R - foot **What – procedure:** both feet as per protocol using reflex points corresponding to the pelvic region (stomach, liver, spleen, spinal cord, colon, and rectal orifice) and the sciatic region (brain, pituitary gland, hypothalamus, pineal gland, and solar plexus) (20 mins right foot, 10 mins left foot) **When & how much:** 2 x 30-minute sessions per week for 5 weeks (10 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** Active - foot massage	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (EORTC-QLQ-C30 global health status)*, overall functioning (EORTC-QLQ-C30 sum of functional scales) *Global symptoms:* cancer symptom severity (EORTC-QLQ-C30 sum of symptom scales*, EORTC-QLQ-CR29) [EORTC-QLQ-CR29 preferred but required data NR] **Ineligible outcomes:** *Other:* treatment toxicity symptoms **Timing of outcome measurement:** weeks 3 and 5* (end of intervention period)
Valizadeh 2015 [R168-S] **Country:** Iran	**No. randomised [eligible treatment arms] (age; sex):** 46 older adults (67 years [mean]; 0% female)	**Name:** R - foot **What – procedure:**	**Name:** inactive - no intervention **What – procedure:** n/a	**Eligible outcomes:** *Sleep quality:* overall sleep quality (PSQI - total* and subdomains: subjective sleep quality, sleep latency, sleep duration, sleep

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Setting (detail): community based (healthcare centre) **RCT design:** parallel group	**Treatment goal:** relieve symptoms of a condition (sleep disturbance) **Inclusion criteria:** Independence in daily activities **Exclusion criteria:** Enuresis, diabetes > 10 years; other complementary treatments (except hypnotic drugs) **ICD code:** MG41 Sleep disturbance	both feet as per protocol using reflex point for pineal gland (10 mins each foot) **When & how much:** 1 x 20-minute session per week for 6 weeks (6 sessions total) **Who administered (provider); training:** provider administered (research staff); reflexology trained (certificate) **Co-intervention(s):** R -n/a	**When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - warm foot bath	efficiency, sleep disturbances, use of sleep medication, daytime dysfunction) **Ineligible outcomes:** n/a **Timing of outcome measurement:** week 6 (end of intervention period)*
Wilkinson 2006 [R169-S] **Country:** United Kingdom **Setting (detail):** hospital - outpatient (hospital) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 20 adults (R. 77 years, C. 75 [mean]; R. 29% female, C. 57%) **Treatment goal:** relieve symptoms of a condition (COPD) **Inclusion criteria:** Stable moderate-to-severe COPD **Exclusion criteria:** Other chronic conditions; hospital admission in previous 6 months **ICD code:** CA22 Chronic obstructive pulmonary disease	**Name:** R - foot **What – procedure:** protocol not described ('all areas of the feet were treated in each patient on every occasion') **When & how much:** 1 x 50-minute session per week for 4 weeks (4 sessions total) **Who administered (provider); training:** provider administered (reflexologist); NR **Co-intervention(s):** R -n/a	**Name:** inactive - other **What – procedure:** researcher attention **When & how much:** as per reflexology group [session of 'shorter' duration] **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (AQ20*) **Ineligible outcomes:** *Emotional functioning/mental health:* anxiety symptoms/depressed mood (HAD); *Other:* activities of daily living (LCADL) peak flow, inhaler use; *Single symptoms:* dyspnoea (modified Borg scale); *Physiological function & signs:* SBP, DBP, HR, RR, SpO2; **Timing of outcome measurement:** end of 4-week intervention period*
Williamson 2002 [R170-S] **Country:** United Kingdom **Setting (detail):** community based (School of Complementary Heath)	**No. randomised [eligible treatment arms] (age; sex):** 80 adults (R. 51 years; C. 52 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (menopause) **Inclusion criteria:** Menopausal symptoms for ≥ 3 months	**Name:** R - foot **What – procedure:** precision reflexology treatment (protocol and reflex points not specified) **When & how much:** 1 x 45-minute session per week for 6 weeks, then 1 x 45-minute session per month for 3 months (9 sessions total)	**Name:** inactive - placebo **What – procedure:** foot massage without pressure and avoiding use of reflex techniques **When & how much:** as per reflexology group **Who administered (provider):** provider administered	**Eligible outcomes:** HR-QoL: emotional wellbeing (WHQ - depression*, anxiety subscales) [no quantitative data reported for other WHQ subscales] *Global symptoms:* menopause symptom severity (WHQ - aggregate of first 12 items, vasomotor symptoms*, somatic symptoms subscales); most bothersome symptoms (MYMOP) [no quantitative data reported for global symptoms]

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
RCT design: parallel group	**Exclusion criteria:** HRT or psychoactive medication; current complementary therapy for menopausal symptoms **ICD code:** GA30.0 Menopause	**Who administered (provider); training:** provider administered (reflexologist); NR **Co-intervention(s):** R -n/a	**No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Ineligible outcomes:** *Single symptoms:* hot flush severity (VAS) and frequency; night sweats severity (VAS) and frequency **Timing of outcome measurement:** weeks 6, 19* (end of intervention period) and 23
Wyatt 2012.1 [R173-S] **Country:** USA **Setting (detail):** hospital - outpatient, community based (patient's home, oncology clinics, integrative therapy centres) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 286 adults (R. 55 years, C1. 55, C2. 57 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (breast cancer) **Inclusion criteria:** Stage III-IV breast cancer, metastasis or recurrence; receiving chemotherapy; Palliative Prognostic Score ≤11 **Exclusion criteria:** Hospice care; nursing home residents; experimental chemotherapy protocol; regular CAM usage **ICD code:** 2C61 Invasive carcinoma of breast; XS6H Stage III or XS9R Stage IV	**Name:** R - foot **What – procedure:** foot/feet as per protocol using 9 breast cancer-specific reflex points [unspecified] **When & how much:** 1 x 30-minute session per week for 4 weeks (4 sessions total) **Who administered (provider); training:** provider administered (reflexologist); reflexology trained (certificate) **Co-intervention(s):** R -usual care as per comparator arm	**Name:** C1 inactive - placebo C2 inactive - usual care **What – procedure:** C1-foot/feet without pressure and direct stimulation to breast-cancer specific reflex points C2-usual care not described **When & how much:** C1-as per reflexology group C2-n/a **Who administered (provider):** C1-provider administered C2-n/a **No. arms included in synthesis (treatment & control):** 3 **Ineligible arms:** none	**Eligible outcomes:** *Pain:* [worst] pain intensity (BPI-FS, 'pain at worst' rated on NRS)* *Fatigue:* [worst] fatigue severity (BFI - 'fatigue at worst' rated on NRS)* *Emotional functioning/mental health:* mental distress severity (STAI - state*, CES-D), emotional wellbeing (FACT-B subscale [results NR]) *HR-QoL:* overall HR-QoL (FACT-B total score)* *Physical function:* physical function (SF-36 physical function dimension)* **Ineligible outcomes:** *HR-QoL:* physical wellbeing, functional wellbeing, additional concerns (FACT-B subscales [results NR]); *Single symptoms:* dyspnea, nausea (FACT-B symptom items) **Timing of outcome measurement:** weeks 5* (1 week post-intervention) and 11 (6 weeks post-intervention)
Wyatt 2017.1 [R174-S] **Country:** USA **Setting (detail):** community based (patient's home) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 256 adults (R. 58 years, C. 55 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (breast cancer) **Inclusion criteria:** Stage III-IV breast cancer; undergoing chemotherapy, targeted or hormonal therapy; having a	**Name:** R - foot **What – procedure:** both feet as per protocol using 9 reflex points [unspecified] (15 mins each foot) **When & how much:** minimum 1 x 30-minute sessions per week for 4 weeks, then as per individual participant need until week 11 (min. 4 sessions total)	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (QLI - overall*; MDASI - overall symptom interference) *Physical function:* physical functioning (PROMIS physical function short form)* *Global symptoms:* cancer symptoms severity (MDASI - overall symptom severity)*, cancer symptom interference (MDASI - overall symptom interference) **Ineligible outcomes:** *Other:* social role satisfaction (PROMIS tool), social support

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	friend/family caregiver willing to give reflexology **Exclusion criteria:** mental illnesses; deep vein thrombosis or painful foot neuropathy **ICD code:** 2C61 Invasive carcinoma of breast; XS6H Stage III or XS9R Stage IV	**Who administered (provider); training:** provider administered (friend/family caregiver); reflexology training **Co-intervention(s):** R -n/a	**No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	(MSPSS), quality of relationships (QRT); Symptoms: pain, fatigue, sleep, depression (MDSAI single items included in overall symptom severity score) **Timing of outcome measurement:** weeks 1-4 (average symptoms over intervention period), week 5 (end of intervention, symptoms only), week 11 (week 5 and 11 averaged* for HR-QoL, symptoms and function)
Wyatt 2021 [R172-S] **Country:** USA **Setting (detail):** community based (participants' homes) **RCT design:** parallel group	**No. randomised [eligible treatment arms] (age; sex):** 197 participants (R. 57 years, C.59 [mean]; R. 77% female, C. 72%) **Treatment goal:** relieve symptoms of a condition (cancer) **Inclusion criteria:** Solid tumor cancer diagnosis; able to perform basic activities of daily living; chemotherapy, hormonal therapy or targeted therapy; fatigue severity ≥ 3 (0-10 VAS) **Exclusion criteria:** Major mental illness **ICD code:** 02 Neoplasms	**Name:** R - foot **What – procedure:** both feet per protocol using nine reflex points; reflex points not reported **When & how much:** minimum 1 x 30-minute session per week for 4 weeks (4 sessions total) [1 session delivered by reflexologist, remaining by caregiver] **Who administered (provider); training:** provider administered (caregiver); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Name:** inactive - usual care **What – procedure:** usual care not described **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** Active - meditative practices	**Eligible outcomes:** *Fatigue:* fatigue severity (MDASI - fatigue severity NRS*; BFI) [BFI preferred but unsuitable for MA] *Emotional functioning/mental health:* depression symptoms (PROMIS depression SF*), anxiety symptoms (PROMIS depression SF) [results unsuitable for MA, either measure] *Global symptoms:* overall cancer symptom severity (MDASI - symptom severity NRS*) **Ineligible outcomes:** **Timing of outcome measurement:** weeks 1- 4* (average over 1st intervention period), weeks 5-12 (average over 2nd & 3rd intervention periods) fatigue, symptoms), week 8 (end of 2nd intervention period), week 12
Yılar Erkek 2018 [R175-S] **Country:** Turkey **Setting (detail):** hospital - inpatient (delivery room and obstetrics ward)	**No. randomised [eligible treatment arms] (age; sex):** 188 participants (R. 73% 18-23 years, 27% 24-29 years; C. 71% 18-23 years, 29% 24-29 years; 100% female) **Treatment goal:** relieve symptoms of a condition (labour, first stage) **Inclusion criteria:** Low-risk pregnancy (as per 'Pregnancy Risk Determination Form'')	**Name:** R - foot **What – procedure:** Both feet using reflex points: solar plexus, pituitary gland, hypothalamus, shoulders, back, heart, large intestine, heel (sciatic), spinal cord (15 mins each foot)	**Name:** inactive - usual care **What – procedure:** usual care, including induction, enema, amniotomy, vaginal examination, fetal monitorization, follow-up of vital signs, fundal pressure, episiotomy, perineal care, fundus massage **When & how much:** n/a	**Eligible outcomes:** *Emotional functioning/mental health:* anxiety during labour (STAI TX1 [- state])* **Ineligible outcomes:** n/a **Timing of outcome measurement:** cervical dilation 3-4 cm (immediately post-intervention)*, 6-8 cm, 2nd hour postpartum

Study details	Population	Reflexology intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
RCT design: parallel group	**Exclusion criteria:** Complications in present or previous pregnancies or labour; maternal medical illness; previous maternal morbidity or history of mortality; deficiencies in fetal developmental; use of narcotic analgesics or sedatives; sexual abuse, physical violence, psychiatric disorder, substance dependence, vaginismus. **ICD code:** Labour, first stage	**When & how much:** 1 x 30-minute session at cervical dilation 3-4 cm (1 session total) **Who administered (provider); training:** provider administered (research staff); reflexology training **Co-intervention(s):** R -usual care as per comparator arm	**Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	