

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Comparison of the Effects of Dry Cupping and Acupressure at Acupuncture Point (BL23) on the Women with Postpartum Perineal Pain (PPP) According to Short Form McGill Pain Questionnaire in 2012.

Protocol summary

Summary

1) Objectives: This randomized clinical trial study has been carried on 150 primiparous women who had referred to selected medical-educational centers (of Hafez & Shooshtari Hospitals) of Shiraz University of Medical Sciences, comprising the effects of cupping therapy and acupressure In BL 23 Point on postpartum perineal pain (PP). 2) Design: After informed consent, eligible patients were randomly assigned in to three groups: Cupping therapy, acupressure and control. As control group performance has not been observed by the researcher, she is allowed to use Acetaminophen.) 3) Setting and conduct: In the 1st interventional group, cupping therapy was done in at least 4 to 8 hours after childbirth in their postpartum part for every other day and four times a week (15-20 minutes per time). In the 2nd group, the researcher presses BL23 acupoint on both sides of the backbone symmetrically, for 20 minutes. Two times of interventions is done inpatient and last outpatient. 4)Participants) Inclusion criteria: 1) 18 - 40 years old; 2) Graduate School at least; 3) Lacking any of overt & Serious psycho-somatic diseases during the study such as: vertebral fractures, herniated disk, acute inflammation, deep vein thrombosis; 4) Residents of shiraz; 5) Willingness to participate in research and complete consent form. Exclusion criteria: 1) Medical and obstetric complications in the postpartum during the study; 2) Not lookup for following at certain appointments; 3) Asking for exclusion; 4) Using of drugs for pain relief. 5) Intervention: Cupping therapy - acupressure 6) Main outcome measures variables): Patients filled out the Short Form McGill Pain Questionnaire as self-reports, in phases of once before, once immediately after, once 24 hours after and once 2 weeks after treatments.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013072611944N2**

Registration date: **2013-07-31, 1392/05/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-31, 1392/05/09

Registrant information

Name

Mehrnoush Ghaemmaghami

Name of organization / entity

Faculty of Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3417 3502

Email address

mehrnoushghmghm68@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2013-01-09, 1391/10/20

Expected recruitment end date

2013-02-08, 1391/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effects of Dry Cupping and Acupressure at Acupuncture Point (BL23) on the Women with Postpartum Perineal Pain (PPP) According to Short Form McGill Pain Questionnaire in 2012.

Public title

The Effect of Cupping Therapy and Acupressure on Postpartum Perineal Pain

Purpose

Treatment

Inclusion/Exclusion criteria

Main inclusion criteria to study: 1) 18 - 40 years old; 2) Graduate School at least; 3) Lacking any of overt & Serious psycho-somatic diseases during the study such as: vertebral fractures, herniated disk, acute inflammation, deep vein thrombosis; 4) Residents of Shiraz; 5) Willingness to participate in research and complete consent form. Main exclusion criteria from study: 1) Medical and obstetric complications in the postpartum during the study; 2) Not look up for following at certain appointments; 3) Asking for exclusion; 4) Using of drugs for pain relief.

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shiraz University of Medical Sciences Ethics Committee

Street address

7th floor, Central Building of Shiraz University of

Medical Sciences, Zand Street, Shiraz, Fars Province, Iran, 1978 -71345

City

Shiraz

Postal code

1978 -71345

Approval date

2012-11-26, 1391/09/06

Ethics committee reference number

CT-91-6341

Health conditions studied**1****Description of health condition studied**

Perineal Pain

ICD-10 code

R10.2

ICD-10 code description

Perineal Pain

Primary outcomes**1****Description**

Perineal Pain

Timepoint

4-8 hours at least after childbirth

Method of measurement

Short Form McGill Pain Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

In the 1st interventional group, cupping therapy is done in at least 4 to 8 hours of childbirth in their postpartum part for every other day and four times a week (15-20 minutes per time); 2 times of interventions were done inpatient and the last outpatient. In this study cupping is done in the mode of dry and hot blazing cotton dipped in alcohol inside the cup and warming it and right after, laying it on the surface of the patient's body. It is possible to apply cupping on BL23 for perineal pain.

Category

Treatment - Other

2**Description**

In the 2nd group, researcher symmetrically presses BL23 acupoint on both sides of the backbone, by thumb finger for 5 minutes clockwise and 5 minutes counterclockwise. It lasts 20 minutes per-time. Two times of interventions are done inpatient and the last outpatient.

Category

Treatment - Other

3**Description**

As control group performance has not been observed by the researcher, she is not allowed to use Acetaminophen. Finally the both types of treatments are presented to the patients through instructional classes or pamphlets.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Hafez Hospital

Full name of responsible person

Mohammadali Tadayon

Street address

Martyr Chamran Blvd, Shiraz, Fars

City

Shiraz

2**Recruitment center****Name of recruitment center**

Shooshtari Hospital

Full name of responsible person

Andisheh Jorkesh

Street address

Bascule Nader- Shiraz

City

Shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Dr. Gholamreza Hatam

Street address

7th floor, Central Building of Shiraz University of Medical Sciences, Zand Street, Shiraz, Fars

City

Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector*empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Marzieh Akbarzadeh

Position

Master of Midwifery

Other areas of specialty/work**Street address**

Hazrat-e-Fatemeh nursing and midwifery college, Namazi Hospital, Namazi Square, Shiraz.

City

Shiraz

Postal code

71345-1978

Phone

+98 71 1647 4254

Fax**Email**

AKBARZADEHMARZIEH@YAHOO.COM

Web page address

www.sums.ac.ir

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Marzieh Akbarzadeh

Position

Master of Midwifery

Other areas of specialty/work**Street address**

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Web page address

www.sums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Mehrnoush Ghaemmaghami

Position

Master of Midwifery

Other areas of specialty/work**Street address**

Hazrat-e-Fatemeh nursing and midwifery college,
Namazi Hospital, Namazi Square, Shiraz.

City

Shiraz

Postal code**Phone**

00

Fax**Email**

ghaem_m@sums.ac.irm.regia1368@yahoo.comm.regi
a68@gmail.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty