# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

09 Nov 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**
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 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.regia68@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*