Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Clinical trial of effect of acupressure on correction of breech presentation

Protocol summary

Summary

The present study is a multi center randomized clinical trial designed to investigate the effect of acupressure on correction of Breech presentation. The research samples were randomly selected from primigravida mothers or with history of normal vaginal delivery, which at the gestational age of 32 to 35 weeks, their embryos presentation have reported in sonography, breech presentation, randomly are placed into two groups of intervention and control (There are 138 people in each group). Acupressure is performed in interventoin group on the BL67 spot on a daily basis for 20 minutes (10 minutes on each leg). Each intervention period consists of 10 seconds of pressure and 2 seconds of rest, respectively. The control group only receives routine pregnancy care. All research samples are requested to go to doing sonography for 2 weeks later.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017093012198N5**
Registration date: **2017-10-31, 1396/08/09**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-10-31, 1396/08/09

Registrant information

Name
Mahdieh Kiani
Name of organization / entity
Tehran University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Shahroud University of Medical Sciences

Expected recruitment start date

2017-06-22, 1396/04/01

Expected recruitment end date

2018-06-22, 1397/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial of effect of acupressure on correction of breech presentation

Public title

Effect of acupressure on breech presentation

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Primi gravida women and pregnant women with a history of normal vaginal delivery, age: 20-40 years, gestational age: 32 to 35 weeks based on the first sonography or the first day of the last menstural period, proof of Breech presentation with sonography confirmation, single pregnancy and lack of prior experience in the use of acupressure. Exclusion criteria: Pelvic defects, previous uterine surgery, uterine abnormalities, uterine fibroma with a diameter of more than 4 cm, presence of fetal abnormalities, twin pregnancy, high risk pregnancy such as intrauterine growth retardation, placenta previa, polyhydramnios, oligohydramnios and ensure that the intervention is not correctly performed by the samples or is not continuous.

Age

From **20 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **138**

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
Shahroud University of Medical Sciences

Street address
Shahroud, 7 Tir Square, Shahroud University of Medical Sciences

City
Shahroud

Postal code
00

Approval date
2016-12-21, 1395/10/01

Ethics committee reference number
IR.SHMU.REC.1396.38

Health conditions studied

1

Description of health condition studied
Breech presentation

ICD-10 code
032.1

ICD-10 code description
Maternal care for breech presentation

Primary outcomes

1

Description
Change of breech presentation

Timepoint
Two weeks later

Method of measurement
Sonography of embryo

Secondary outcomes

1

Description
Newborn weight

Timepoint
Delivery time

Method of measurement
Weighing scale

Intervention groups

1

Description
In the intervention group, on the first day of the study, after completing a researcher-made questionnaire; Acupressure is performed on the BL67 spot (located on the outer corner of the small toe nail). The intervention is performed on a daily basis for 20 minutes (10 minutes on each leg) at the time specified by the researcher. Each intervention period includes 10 seconds of pressure and 2 seconds of rest. All research samples are requested to go to doing sonography for 2 weeks later.

Category
Other

2

Description
In the control group, the research samples completed the researcher-made questionnaire on the first day of the study and after that they only receive routine pregnancy care and all research samples are requested to go to doing sonography for 2 weeks later.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Clinic of Bahar Hospital

Full name of responsible person
Sedigheh Moghani

Street address
Shahroud, 22 Bahman Avenue, Bahar Hospital

City
Shahroud

2

Recruitment center

Name of recruitment center

Private office of Dr Kolahdoozan

Full name of responsible person
Dr Sakineh Kolahdoozan

Street address
Shahrood, 22 Bahman Avenue, The Shafa Building of Physicians

City
Shahroud

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahroud University of Medical Sciences

Full name of responsible person
Dr Mohammad Hasan Emamian

Street address
shahroud, 7 tir Square, research deputy

City
Shahroud

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Shahroud 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
Shahroud University of Medical Sciences

Full name of responsible person
Mahdieh Kiani

Position
Faculty of member

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty