Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effect of acupressure on two points, Sanyinjiao versus Tai Chung, on primary dysmenorrhea over the students of Islamic Azad University of Rasht

Protocol summary

Summary

Objective :Comparing the effect of acupressure in SP6 and Liv3 on primary dysmenorrhea in the students of Islamic Azad University of Rasht at 2013. Inclusion Criteria: single women between 18 and 30 years; regular menstrual cycles; moderate or severe of primary dysmenorrhea was assessed with verbal multidimensional scoring system; without any chronic disease and vaginal discharge , itching, PID , myoma and tumor; do not use any drug; without any stressor factors during last 6 months; The study population: the students of Islamic Azad University of Rasht with moderate or severe dysmenorrhea is based on verbal multidimensional scoring system. Sample size: Sixty two students in each group. Intervention: One hundred twenty four patients enter the study, they are randomly divided into two groups . In the first cycle persons do not use any method of treatment in both groups , but during the next two cycles , treatment begins 3-5 days before menstruation. The SP6 group receive 20 min of acupressure during the initial intervention session by thumb on the Sanyinjiao point and taught to perform the technique for them to do twice a day, from 3-5 days before to third days of their menstrual cycle, for two cycles. In contrast, the Liv3 group, performed circular pressure by index finger on Tai Chung point. Severity of dysmenorrhea will be assessed with verbal multidimensional scoring system.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013060113539N1**
Registration date: **2014-03-08, 1392/12/17**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2014-03-08, 1392/12/17

Registrant information

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Islamic Azad University of Rasht
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Islamic Azad University of Rasht

Expected recruitment start date

2012-10-22, 1391/08/01

Expected recruitment end date

2013-05-22, 1392/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of acupressure on two points, Sanyinjiao versus Tai Chung, on primary dysmenorrhea over the students of Islamic Azad University of Rasht

Public title

Acupressure and menstrual pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: single women between 18 and 30 years; regular menstrual cycles; moderate or severe of primary dysmenorrhea was assessed with verbal multidimensional scoring system; without any chronic disease and vaginal discharge, itching, PID, myoma and tumor; do not use any drug; without any stressor factors during last 6 months; Exclusion Criteria: women more than 30 or less than 18 years old; irregular mensturation; menstrual cycles without pain ;mild primary dysmenorrhea; secondary dysmenorrhea; chronic diseases; pelvic diseases; stressor factors during last 6 months.

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **124**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

In this study, two acupressure points in two different groups are used, so this study is conducted as a single blind.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Islamic Azad University of Rasht

Street address

Imam Khomeini educational complex, Lakan street

City

Rasht

Postal code

4147654919

Approval date

2012-06-21, 1391/04/01

Ethics committee reference number

17-16-5-3179

Health conditions studied

1

Description of health condition studied

Primary Dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

دیسمنوره اولیه

Primary outcomes

1

Description

Severity of dysmenorrhea

Timepoint

before and 2 months after intervention

Method of measurement

verbal multidimensional scoring system

Secondary outcomes

empty

Intervention groups

1

Description

The Tai Chung group receives 20 min of circular acupressure, by index finger, during the initial intervention session and taught to perform the technique for them to do twice a day, from 3-5 days before to third days of their menstrual cycle, for two cycles.

Category

Treatment - Other

2

Description

The SP6 group receives 20 min of acupressure, by thumb, during the initial intervention session and taught to perform the technique for them to do twice a day, from 3-5 days before to third days of their menstrual cycle, for two cycles.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University of Rasht

Full name of responsible person

Akhavan Amjadi Marjan

Street address

Imam Khomeini educational complex, Lakan street

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research Islamic Azad University of Rasht

Full name of responsible person
Shabani Ramin

Street address
Imam Khomeini educational complex, Lakan street

City
Rasht

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 Islamic Azad University of Rasht

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
Islamic Azad university of Rasht

Full name of responsible person
Akhavan Amjadi Marjan

Position
Academic member/PhD student of Reproductive Health

Other areas of specialty/work

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Person responsible for updating data

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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