Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Sep 2026

Comparison of accupressure's effect at points k1 and LI4 on hot flashing of menopaused women referred to selective cilinics affiliated to hospitals of shiraz university of medical sciences 2012-2013

Protocol summary

Summary

The purpose of the study and study design: Comparison of effect two points of accupressure's points on hot flashing of menopause women - random - not blinded- placebo not used. The study population: volunteers 45-55 years and eligible for inclusion - The main criteria for inclusion: age 55-45 years; passing at least a year after the last menstrual; not having the disease, high blood pressure and cardiovascular diseases; flushing severity scores higher than 5 with VAS criteria; not receiving hormonal and non-hormonal drugs complementary medicine. The main exclusion criteria: unwillingness to cooperate; chemotherapy or radiotherapy and the need for taking any medication during the study. Sample: The study population was selected from among 90 eligible and they randomly divided into three groups of 30(k1 - li4 and control). Intervention: acupressure therapy sessions (10 sessions over 5 weeks) In 2 Groups k1 and li4 and control group (not intervention) completed questionnaires: early intervention and after 6 weeks in all three groups. Outcome Study: Comparison of accupressure's effect within two points K1 and LI4 on three variables (intensity, duration and frequency) hot flashing of menopause women.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013062513770N1**
Registration date: **2013-07-21, 1392/04/30**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-07-21, 1392/04/30

Registrant information

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Recruitment status

Recruitment complete

Funding source
Research office of Shiraz University Of Medical Sciences

Expected recruitment start date
2013-06-20, 1392/03/30

Expected recruitment end date
2013-10-22, 1392/07/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

Comparison of accupressure's effect at points k1 and LI4 on hot flashing of menopaused women referred to selective cilinics affiliated to hospitals of shiraz university of medical sciences 2012-2013

Public title

Comparison of effect two points of accupressure's points on hot flashing of menopaused women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: not receiving hormonal and non-hormonal drugs in the last 6 months; did not have cardiovascular disease at 6 months; flushing severity scores higher than 5 with VAS criteria; age 55-45 years old; passing at least one year of amenorrhea; non-smoking; not having hypertension; no abnormal vaginal bleeding; do not use other forms of complementary medicine; lack of diabetic foot ulcers(contraindications pressure on k1 point); not hysterectomy; not thrombophlebitis or not mass near acupressure region; not amputation of limbs. Exclusion criteria: lack of willingness to cooperate; the need to Chemotherapy or radiation therapy during the study; diagnose any illness and need to take any medication during the study and amputation of limbs.

Age

From **45 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

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

Ethics committee of Shiraz University Of Medical Sciences

Street address

Shiraz, Zand Ave, Shiraz University of Medical Science Building

City

SHIRAZ

Postal code

7193613119

Approval date

2013-06-09, 1392/03/19

Ethics committee reference number

CT-92-6555

Health conditions studied

1

Description of health condition studied

hot flash

ICD-10 code

N95.1

ICD-10 code description

Symptoms such as flushing, sleeplessness, headache, lack of concentration, associated with menopause

Primary outcomes

1

Description

Severity of hot flushes

Timepoint

Early intervention and after 6 weeks in all three groups.

Method of measurement

Questionnaire and visual analog scale(vas)pain

2

Description

Frequency of hot flash

Timepoint

Early intervention and after 6 weeks in all three groups

Method of measurement

Questionnaire

3

Description

Flushing time

Timepoint

Early intervention and after 6 weeks in all three groups.

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Improve hot flush

Timepoint

After intervention

Method of measurement

Questionnaire and visual analog scale pain

Intervention groups

1

Description

intervention group: Acupressure session for 10 sessions over 5 weeks in group li4

Category

Treatment - Other

2

Description
intervention group: Acupressure session for 10 sessions over 5 weeks in group k1
Category
Treatment - Other

3

Description
control group : :Without intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Motahari Clinic
Full name of responsible person
Street address
Namazi square, 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. Gholam Reza Hatam
Street address
7th Flat, Central department of Shiraz University of Medical Sciences, Zand Street, Shiraz
City
Sliraz
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

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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