

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Acupressure on preoperative anxiety in school aged children

Protocol summary

Summary

Introduction: The major of children before surgery experience significant anxiety in the preoperative period. The aim of this study is to investigate effect of acupressure in reducing preoperative anxiety in school age children. **Methods:** The sample is included of 80 subjects (aged 9-12 years) who have to undergo elective surgery. None of the children have any reported developmental delays. Children are randomly assigned to: the acupressure group (N = 40) and Control group (N = 40). Anxiety in the preoperative period is measured by using the State-Trait Anxiety Inventory. Interventions in this study will be delivered using an acupressure-bead which will be attached to a self-adhesive tape that secure the bead in place and create continuous standardized pressure of 1.3 psi as measured by a tonometer. In the experimental group the bead is stuck to the Ying Tang point (eyebrows mid-point) and in the sham group it is stuck to the sham point outside the eyebrows line. Half an hour later, Anxiety Inventory for Children is filled out by the children again. Anxiety will be assessed at baseline and before entrance to the operating room. In order to prevent any possible bias, all participants were informed that the aim of this study is to determine "which acupoint on the forehead is more effective in reducing preoperative anxiety".

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138904071788N3**
Registration date: **2010-11-16, 1389/08/25**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-11-16, 1389/08/25

Registrant information

Name

Leili Borimnejad

Name of organization / entity

Iran University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical sciences

Expected recruitment start date

2010-04-04, 1389/01/15

Expected recruitment end date

2010-09-20, 1389/06/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Acupressure on preoperative anxiety in school aged children

Public title

Evaluation of efficacy of acupressure on preoperative anxiety in school aged children

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Children between the ages of 8 and 11 who receive general anesthesia for elective surgery.

Exclusion criteria: children who have any reported developmental delays. History of using acupuncture or acupressure.

Age

From **8 years** old to **11 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

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

Double blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Nursing and midwifery school, Iran University of
Medical Sciences

Street address

Yasemi Street

City

Tehran

Postal code**Approval date**

empty

Ethics committee reference number

1603081

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

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

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

Decrease in anxiety

Timepoint

before surgery

Method of measurement

Sepilberger questionnaire

Secondary outcomes

empty

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

Intervention group: using an acupressure-bead which will be attached to a self-adhesive tape that secure the bead in place and create continuous standardized pressure of 1.3 psi as measured by a tonometer.

Category

Treatment - Devices

2**Description**

control group: the same adhesive apply on external orbital

Category

Placebo

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

Aliasghar Hospital

Full name of responsible person**Street address****City**

Tehran

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

Hashemi Nejad Medical centre

Full name of responsible person**Street address****City**

Tehran

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

Iran university of medical sciences

Full name of responsible person

Seide Fatemeh Haghdooost Osquee

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Nursing and midwifery school, Yasemi street

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Grant name

Grant code / Reference number

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

Title of funding source
Iran 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
Iran university of Medical sciences

Full name of responsible person
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Position
student, Master of science in Nursing

Other areas of specialty/work

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Person responsible for updating data

Contact

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