Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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

Country

Iran (Islamic Republic of)

Phone

+98 21 6150 4212

Email address

borimnej@iums.ac.ir

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 accupuncture 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
Anexity
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 Haghdoost Osquee
Street address
Nursing and midwifery school, Yasemi street

City
Tehran
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
Negar Arbabi
Position
student, Master of science in Nursing
Other areas of specialty/work
Street address
Yasemi street
City
Tehran
Postal code
Phone
+98 21 8247 1710
Fax
Email
borimnej@ums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Iran university of Medical sciences
Full name of responsible person
Leili borimnejad
Position
Assistant professor
Other areas of specialty/work
Street address
pediatric Department, nursing and midwifry school, Yasemi street
City
Tehran
Postal code
Phone
+98 21 8247 1711
Fax
Email
borimnej@ums.ac.ir
Web page address

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