Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of the effect of accuprssure with education of self-care behaviors on primary dysmenorrhea of students Shirazs university in 2014

Protocol summary

Summary

This study is a randomized clinical trial in which the effect of acupressure training and self-care behavior is observed. Study done on 120 students at the dormitoryRandomly divided into three groups of 40 studentsA acupressure colons named GUAN YUAN (RN-4) and QU GU (RN-2) is made of pressure for 20 minutes (15 seconds press and 15 seconds of rest) and equivalent to 1710 mm Hg in the first two days of menstruation. For the second group are trained and educated about self-care behavior, attitude and knowledge will be measured before and after training. The control group received conventional treatment for dysmenorrhea that use of ibuprofen 400 mg three times a day for three cycles will be pre-and post -intervention pain by a visual indicator of the McGill pain questionnaire to assess

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013071013940N1**
Registration date: **2014-05-08, 1393/02/18**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-05-08, 1393/02/18

Registrant information

Name

Marzieh Akbarzadeh

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2014-06-21, 1393/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of accuprssure with education of self-care behaviors on primary dysmenorrhea of students Shirazs university in 2014

Public title

Effect of accupressure on primary dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being single; age less than 25 years old; having primary dysmenorrhea with moderate or severe pain (VAS Banmrh 4 or above); having regular menstrual cycles 35-21 days; past experience painful menstrual cycle in 6 (self-report); concurrent with the onset of menstrual bleeding; 2 months ago intervention should not use oral contraception and intervention; no use of nonsteroidal anti-inflammatory drugs and anti-progestin in the week before menstruation; any physical

or mental illness Wagdi apparent during the study, such as vertebral fractures, herniated discs, acute inflammation of deep vein thrombosis; previous history of gynecologic diseases, gynecologic surgery, secondary dysmenorrhea; Body mass index (BMI) less than 19 or greater than 30 is not; no use of tobacco; no history of mental illness and lack of stress due to reasons such as parental separation or loss of a family in the last 6 months; use of non-steroidal anti-inflammatory drugs and the lack of improvement in dysmenorrhea; lack of supplements and vitamins; lack of chronic diseases Btla; not having any kind of genital infection (pelvic inflammatory , and tumor leiomyoma); lack of specific drugs (benzodiazepines, antidepressants, ...); lack of recent abdominal surgery or pelvic. Exclusion criteria: symptoms such as burning, itching, abnormal vaginal discharge; the incidence of recent stressors (parental separation , death of relatives and grade) during the study; lack of cooperation from the patient 's willingness to continue.

Age
To **25 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **120**

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
Shiraz University of Medical Sciences Ethics Committee

Street address
Shiraz University of Medical Sciences Central Building, Zand Street

City
Shiraz

Postal code
1978 -71345

Approval date
2014-03-02, 1392/12/11

Ethics committee reference number
6900

Health conditions studied

1

Description of health condition studied
Primary dysmenorrhoea

ICD-10 code
N94.4

ICD-10 code description

Primary outcomes

1

Description
pain

Timepoint
Half, one and two hours after intervention

Method of measurement
VAS & Mc-Gill pain questionnaires

Secondary outcomes

1

Description
Knowledge and attitude

Timepoint
Two weeks and three months after education

Method of measurement
Questionnaire

Intervention groups

1

Description
The control group received conventional treatment for dysmenorrhea that use of ibuprofen 400 mg three times a day for three cycles will be

Category
Treatment - Drugs

2

Description
Intervention I: The pressure at the Meridian abdominal Using thumb researcher will then use the amount of pain the evaluation indices dysmenorrhea checked. Pressure for 20 minutes (15 seconds press and 15 seconds of rest) and equal to 1710 mm mercury is in the first two days of menstruation and after half an hour as well as a pressure sore assessment Shvdayn Vdvsat after two cycles of work done.

Category
Treatment - Other

3

Description
Second Interior: Education self-care behavior pre-intervention knowledge, attitude and use of self-care behavior in patients with dysmenorrhea was evaluated using a questionnaire will then be given to students in classrooms. Long training session of 90-60 minutes and finally 2 weeks after training, and 3 months later using questionnaires are collected. Classes include anatomy education Vfyzyvlvzhy genitals, how nutrition during menstruation, exercise isometric menstruation is. interval sessions a week will be

Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Shiraz University Dormitory
Full name of responsible person
Fatemeh Mehraban
Street address
Shiraz University Dormitory, Eram Square
City
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Gholamreza Hatam
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Shiraz University of Medical Sciences Central Building, Zand Street
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
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

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