

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jun 2026

### Clinical trial of comparing the effects of acupressure and touch in chihyin point on non- stress test parameters in primiparous women

#### Protocol summary

##### Summary

The aim of this research was to study the effects of acupressure on the results of non-stress test. The current research is a random, single blind, single stage, and single central study. First, 90 pregnant women (gestational age 37-41 weeks) and with non-troubling conditions were selected randomly for this study. The sampling method was simple and objective-based, so that the researcher substituted the alternative ones, if the first sample was excluded for any reasons. Then the remaining samples were randomly divided into two groups namely control and intervention. In case of any problems such as uterine contraction, placental abruption, etc. the samples were excluded. First, non-stress test was applied for all pregnant mothers for 10 min. Then, acupressure in Chyhyin point was performed for 10 min ( 30s acupressure and 10 s rest) without any interrupt. During this period, the non- stress test was continued and then the heart pulses were registered 10 min after acupressure completion. The same process was applied for the control group. The only difference was that in control group the researcher only touches the Chihyin point without performing acupressure. Finally , the non- stress test parameters including fetus heart rate baseline, fetus movements, number of heartbeat accelerations , and long term variability were compared between control and intervened groups.

#### General information

##### Acronym

BL67point

##### IRCT registration information

IRCT registration number: **IRCT2013111815449N1**

Registration date: **2014-01-14, 1392/10/24**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2014-01-14, 1392/10/24

##### Registrant information

###### Name

Rafat Ebadi

###### Name of organization / entity

Shiraz University of Medical Science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1647 4252

###### Email address

ebadi\_r@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shiraz University of Medical Sciences

##### Expected recruitment start date

2013-08-23, 1392/06/01

##### Expected recruitment end date

2014-01-20, 1392/10/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Clinical trial of comparing the effects of acupressure and touch in chihyin point on non- stress test parameters in primiparous women

##### Public title

Effects of acupressure in non-stress test

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria 1.Age range 18-35 years 2.Body mass index( B.M.I) of 18-25 3.Gestational age of 37-41 weeks 4.Primiparous with single fetus 5.Base heartbeat of 110-160 6.No mental disorders 7.No chronic diseases such as cardiac , pulmonic, renal, chronic hypertension, and diabetic 8.No intense exercise 2 hours before test 9.No smoking 10.At least 2 hours after nutrient consumption 11. No injuries and allergy in 5th toe  
Exclusion criteria 1. Any problems such as placental abruption, umbilical cord prolapse, etc. 2. Non-intention to continue the study 3. Existence of contractions

#### Age

To 35 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)

Single 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

Zand Avenue, Shiraz

##### City

Shiraz

##### Postal code

1975-71345

#### Approval date

2012-10-07, 1391/07/16

#### Ethics committee reference number

CT-92-6660

## Health conditions studied

### 1

#### Description of health condition studied

Fetal health

#### ICD-10 code

O35

#### ICD-10 code description

Maternal care for known or suspected fetal abnormality and damage

## Primary outcomes

### 1

#### Description

Baseline fetal heart rate

#### Timepoint

ten min before intervention, 10 min during intervention and 10 min after intervention consistently

#### Method of measurement

Fetal Monitoring Device

### 2

#### Description

Acceleration of fetal heart rate

#### Timepoint

ten min before intervention, 10 min during intervention and 10 min after intervention consistently

#### Method of measurement

Fetal Monitoring Device

### 3

#### Description

Fetal movements

#### Timepoint

ten min before intervention, 10 min during intervention and 10 min after intervention consistently

#### Method of measurement

Fetal Monitoring Device

### 4

#### Description

Long-term variability of fetal heart rate

#### Timepoint

ten min before intervention, 10 min during intervention and 10 min after intervention consistently

#### Method of measurement

Fetal Monitoring Device

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Touching BL67 point in the control group without applying acupressure during intervention time.

#### Category

N/A

## 2

### Description

Doing acupressure BL67 point in intervention group for 10 minutes

### Category

Diagnosis

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Hafez Hospital

##### Full name of responsible person

Ladan Humayun

##### Street address

chamran avenue, shiraz, Fars

##### City

Shiraz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Full name of responsible person

Gholamreza Hatam

##### Street address

Zand avenue, Shiraz

##### 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

Shiraz University of Medical Sciences

##### Full name of responsible person

Masumeh Kaviani

##### Position

Master of Midwifery

#### Other areas of specialty/work

#### Street address

Fatemeh (P.B.U.H) School Of Nursing & Midwifery, Shiraz.

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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Full name of responsible person

Nasrin Asadi

##### Position

Assistant

#### Other areas of specialty/work

#### Street address

Shiraz University of Medical Sciences, Division of Obstetrics and Gynecology

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## Person responsible for updating data

#### Contact

##### Name of organization / entity

Shiraz University of Medical Science

##### Full name of responsible person

Rafat Ebadi

##### Position

Student Master of Midwifery

#### Other areas of specialty/work

#### Street address

Fatemeh (P.B.U.H) School Of Nursing & Midwifery, Shiraz.

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**Web page address**

## **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*