

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Clinical trial of the comparison of effect of acupressure and reflexology on volume of milk in lactating mothers with lactation insufficiency

Protocol summary

Summary

Inclusion criteria: recent singleton delivery, at least 10 days and a maximum of 6 months after delivery, lack of maternal and neonatal illness, not taking any medication or effective treatment on breastfeeding by mother, lack of injuries and wounds at the place of applying the acupressure and reflexology. In this research, 90 lactating mothers with lactation insufficiency who had inclusion criteria, were surveyed. The individuals were randomly included in three groups of acupressure, reflexology and control using the envelope. Common breastfeeding trainings were given to each group during 12 consecutive days of intervention, Moreover, acupressure treatment was carried out on Si1, Li4 and GB21 points in the mothers who were in acupressure group. Also, the mothers in reflexology group received foot reflexology treatment. The rate of mother's milk volume and infant's weight was evaluated in all three groups before intervention, 2 and 4 weeks after intervention. The present study was a single-blinded study. In order to prevent the researcher orientation, mother's milk volume and infant's weight have been measured by questioner.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013112415525N1**

Registration date: **2014-05-08, 1393/02/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-05-08, 1393/02/18

Registrant information

Name

Mitra Savabi Esfahani

Name of organization / entity

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Country

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Recruitment status

Recruitment complete

Funding source

Isfahan University Of Medical Sciences

Expected recruitment start date

2013-04-10, 1392/01/21

Expected recruitment end date

2013-09-21, 1392/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial of the comparison of effect of acupressure and reflexology on volume of milk in lactating mothers with lactation insufficiency

Public title

Comparison of the effect of acupressure and reflexology on volume of milk in lactating mothers.

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: recent singleton delivery; at least 10 days and a maximum of 6 months after delivery; lack of maternal and neonatal illness; not taking any medication

or effective treatment on breastfeeding by mother; lack of injuries and wounds at the place of applying the acupressure and reflexology. Exclusion criteria: unwillingness to continue the participation in research; the incidence of disease in mother or infant during the study; not to weigh the infant properly; or need to therapeutic interventions. The aim of this study was to compare the effect of acupressure and reflexology on volume of milk in lactating mothers.

Age

From **20 years** old to **40 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**

Ethic committee of Isfahan university of medical sciences

Street address

Azadi Square.Isfahan University of Medical Sciences

City

Isfahan

Postal code**Approval date**

2013-01-08, 1391/10/19

Ethics committee reference number

391377

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

The connection of acupressure, reflexology and mother`s breastfeeding.

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

mother`s milk volume, infant`s weight

Timepoint

before intervention , two and four weeks after intervention

Method of measurement

Mother`s milk volume was measured by electric milking device and infant`s weight was measured by standard weighing machine.

Secondary outcomes

empty

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

Group 1 of intervention: acupressure was carried out onSi1, Li4 and GB21 points, and breastfeeding teaching was conducted, too.

Category

Other

2**Description**

Group 2 of intervention: foot reflexology was done along with breastfeeding teaching.

Category

Other

3**Description**

Group 3 of control: breastfeeding teaching was presented alone.

Category

Treatment - Drugs

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

Ahmadi Health Center

Full name of responsible person

Gasemipour

Street address

Ahmadi Health Center, Damavand Street, Imam Hossein Square, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Mitra Savabi Isfahani

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School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan

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Isfahan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Isfahan 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**

Isfahan University Of Medical Sciences

Full name of responsible person

Mitra Savabi Isfahani

Position

Faculty member of Nursing and Midwifery school

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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