

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of acupressure on pulmonary function In Sarcheshmeh Copper Complex Workers in 2016

Protocol summary

Summary

The target of the study: The effect of acupressure on pulmonary function. main inclusion criteria: sarcheshmeh copper complex personal; have abnormal spirometry; don't use acupuncture in near past; don't have any dysfunction defect in the point place; the lack of neurological defects. Main exclusion criteria: Cardiovascular disease; Angina pectorice; pain in severe activity or a six-minute walk test; Respiratory infections; Acute airway problems within a month prior to data collection; Use of bronchodilators Within 12 hours before data collection; Diabetes; Drug use; Alcohol consumption. Sample size: 76 people. Intervention study: Acupressure at two points Liko and Tayoan for five days. Time of intervention: A total of five sessions per session and eight minutes, each of which is four minutes. Study outcome: After intervention, lung function is expected to improve in the intervention group compared to the control group

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112615965N10**

Registration date: **2017-09-15, 1396/06/24**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-09-15, 1396/06/24

Registrant information

Name

Majid Kazemi

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Research Deputy of Rafsanjan University of Medical Sciences

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2018-02-20, 1396/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on pulmonary function In Sarcheshmeh Copper Complex Workers in 2016

Public title

The effect of acupressure on pulmonary function

Purpose

Treatment

Inclusion/Exclusion criteria

Main inclusion criteria: sarcheshmeh copper complex personal; have abnormal spirometry; don't use acupuncture in near past; don't have any dysfunction defect in the point place; don't have neurological dysfunction. Main exclusion criteria: cardiovascular ill; angina pectoris; pain in hard activity or six-minute walk test; respiratory infection; acute problem with airway in 1 month before collected data; use bronchodilators in 12 hours before collected data; diabetes; do not use

addiction and alcohol.

Age

From **30 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **76**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Rafsanjan University of Medical Sciences

Street address

The Ali Ebn Abi Taleb, Imam Ali avenue

City

Rafsanjan

Postal code

7717933777

Approval date

2017-04-18, 1396/01/29

Ethics committee reference number

IR.RUMS.REC.1396.62

Health conditions studied

1

Description of health condition studied

Respiratory system disease

ICD-10 code

J96.9

ICD-10 code description

Respiratory failure, unspecified

Primary outcomes

1

Description

Six-minute walk test

Timepoint

pre intervention- one week after intervention

Method of measurement

The distance traveled to meter in six minutes

2

Description

Measuring Pulmonary Volume

Timepoint

Before the intervention - one week after the intervention

Method of measurement

Spirometry

Secondary outcomes

empty

Intervention groups

1

Description

Acupressure in the intervention group plays five. Stimulate two points first on one side against the body and then on the opposite side, first point Liko and then Tayoan with using fingers, applying gentle and fixed pressure based on the points (skin thickness and adipose tissue of the target point), in the form of moving movements around the same The point is for two minutes (a total of four minutes per side) at a specified time (or in the morning or evening) for each person. To find the Liko point of anatomically on the radial part of the forearm, is located at a distance of one point five Cun above the cross-sectional wrist and Tayoan point in the end of the radial cross-section of the wrist. How the intervention will be trained by the trained (researcher) by a traditional medicine specialist will be taught to the samples. This intervention will be carried out by the person himself, and points will be marked with a mark. At the end of the study, the lung function is measured using spirometry and a six-minute walk test, and all of these are recorded.

Category

Treatment - Other

2

Description

The acupressure at false points group receive the acupressure on 2-3cm far from the true points

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sarcheshmeh Copper Complex

Full name of responsible person

Dr Majid Kazemi

Street address

Sarcheshmeh Copper Complex

City

Rafsanjan

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

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr Hamid Hakimi

Street address

The Ali Ebn Abi Taleb, Imam Ali avenue

City

Rafsanjan

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

Yes

Title of funding source

Rafsanjan 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**

Rafsanjan University of Medical Sciences

Full name of responsible person

Hosein Raisian

Position

Master student of Nursing

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EmailDr.kazemi.n@rums.ac.ir; Maj.kaz@yahoo.com;
hoseinnursetr67@gmail.com**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr. Majid Kazemi

Position

PhD in nursing

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hoseinnursetr67@gmail.com**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