Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of ear acupressure on pain, anxiety and severity of nausea in patients candidated for appendectomy: A three groups randomized clinical trial

Protocol summary

Summary

The purpose of this study is to examine the effect of ear acupressure on pain, anxiety and severity of nausea in patients candidate for appendectomy. In this clinical trial, 72 subjects will be selected. Samples based on a random allocation method (Balanced Blocking Randomization) will be divided into 3 groups: placebo, control and intervention. Inclusion criteria include: confirmed appendicitis diagnosed by a surgeon, Patient's consent to participate in this study, not taking pain relief, the absence of lesion or rash at the site of acupressure exercise and ability to report symptoms. Exclusion criteria include: taking pain relief, Unwillingness to continue cooperation and any complications or other medical problems that make the intervention impossible. After confirmation of appendicitis diagnosed by a surgeon in all three groups pain, anxiety and severity of nausea will be measured. Then the intervention group will be received acupressure for 15 minutes in the thalamus point in the ear. Placebo group will be received acupressure for 15 minutes on adjacent points that are called sham points. In the control group no intervention on patients will be made. Again pain, anxiety and severity of nausea in all three groups, at 15 and 45 minutes, will be monitored. All three groups will receive routine therapy. Massage in males and females will be performed by male and female nurses respectively. The main variable is the acupressure that its effect will be evaluated on pain, anxiety and severity of nausea.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014010416049N1**
Registration date: **2014-05-03, 1393/02/13**
Registration timing: **prospective**
Last update:
Update count: **0**

Registration date

2014-05-03, 1393/02/13

Registrant information

Name

Arezoo Davarinia Motlagh Ghochan

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

This study will be performed with personal expenses and will be sponsored by the research deputy of the Gonabad University of Medical Sciences

Expected recruitment start date

2014-05-05, 1393/02/15

Expected recruitment end date

2014-09-21, 1393/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of ear acupressure on pain, anxiety and severity of nausea in patients candidated for appendectomy: A three groups randomized clinical trial

Public title
effect ear acupressure on pain, anxiety and nausea in patients candidate for appendectomy
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: 1- Confirmed appendicitis diagnosed by a surgeon 2- The patient is not candidate for emergency appendectomy 3- Patient's consent to participate in this study 4- Without any complications and other medical problems that cause pain, anxiety and nausea 5- Lack of lesion or rash at the site of ear acupressure exercise 6- Consciousness and the ability to report symptoms 7- Not taking pain relief Exclusion criteria: 1- Unwillingness to continue cooperation 2- The clinical condition of the patient that any intervention would be impossible 3- taking pain relief during the intervention period
Age
From **10 years** old to **70 years** old
Gender
Both

Phase
1
Groups that have been masked
No information
Sample size
Target sample size: **72**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Gonabad University of Medical Sciences
Street address
Next to the Asian Road, Gonabad, Gonabad University of Medical Sciences
City
Gonabad
Postal code
Approval date
2013-12-18, 1392/09/27
Ethics committee reference number
GMU.REC.1392.20

Health conditions studied

1

Description of health condition studied
Appendicitis
ICD-10 code
k35.8
ICD-10 code description
Acute appendicitis, other and unspecified

Primary outcomes

1

Description
Anxiety
Timepoint
Immediately before, after and half an hour after the intervention
Method of measurement
Visual anxiety scale

2

Description
Pain
Timepoint
Immediately before, after and half an hour after the intervention
Method of measurement
Visual analog scale

3

Description
Severity of nausea
Timepoint
Immediately before, after and half an hour after the intervention
Method of measurement
Measure of visual simulation for nausea

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group will receive acupressure for 15 minutes in the thalamus point in the ear.
Category
Treatment - Other

2

Description
Placebo group will be received acupressure for 15 minutes on adjacent points that are called sham points

Category
Treatment - Other

3

Description
In the control group no intervention on patients will be made
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Beydokht 15 Khordad Hospital
Full name of responsible person
Arezoo Davarinia Motlagh Ghochan
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
chancellor for research, Gonabad University of Medical Sciences
Full name of responsible person
Doctor Ali Mohammadpour
Street address
Next to the Asian Road, Gonabad University of Medical Sciences
City
Gonabad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
chancellor for research, Gonabad 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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Person responsible for updating data

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Other areas of specialty/work
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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