

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

The effect of ear acupressure on pain, anxiety and severity of nausea in patients candidate 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

Arezo Davarinia Motlagh Ghochan

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 53 3722 3028

Email address

davarinia.a@gmu.ac.ir

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 candidate 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 centers1**Recruitment center****Name of recruitment center**

Beydokht 15 Khordad Hospital

Full name of responsible person

Arezo Davarinia Motlagh Ghochan

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Sponsors / Funding sources1**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**

Gonabad University of Medical Sciences

Full name of responsible person

Arezo Davarinia Motlagh Ghochan

Position

MSC Student in Critical Care Nursing

Other areas of specialty/work**Street address**

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Chancellor for research, Gonabad University of Medical Sciences

Full name of responsible person

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Position

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Full name of responsible person

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Position

MSC Student in Critical Care Nursing

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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