Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of acupressure and Pilates exercise on anxiety and sleep quality of postmenopausal women

Protocol summary

Summary

This study compares the effects of acupressure and Pilates exercises are done on anxiety and sleep quality in postmenopausal women. The study included 108 postmenopausal women have higher anxiety score of 20 and a score of 5 or higher Petersburg questionnaire indicate that sleep disturbance. And randomly divided into 3 groups. Profile of Women for Inclusion: Women of 12 months from the last time a complete cessation of menstrual periods have passed, ages 40 to 60 years without any kind of disease is stressful, no scars at acupressure points, Natural menopause, having full awareness, satisfaction if the study of hospital admission for any reason, sedating drugs or any medication that has an effect on sleep and anxiety, in the absence of more than two sessions, during reluctance to fully engage excluded from the study they . For all three group sessions with an educational pamphlet offered. Pilates 6 week exercise intervention and intervention under the guidance of coach will do my sand point massage acupressure wrist after the second class meeting will training at home. Before and 6 weeks after the intervention of anxiety and sleep quality 3 bedroom Petersburg was measured using the Spielberger Anxiety is measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042017344N1**
Registration date: **2014-06-04, 1393/03/14**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-06-04, 1393/03/14

Registrant information

Name
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Name of organization / entity
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Recruitment status

Recruitment complete

Funding source
Vice chancellor for research of shiraz University of Medical Sciences

Expected recruitment start date

2014-05-10, 1393/02/20

Expected recruitment end date

2014-06-10, 1393/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of acupressure and Pilates exercise on anxiety and sleep quality of postmenopausal women

Public title

Pilates exercise and acupressure effect on anxiety and sleep quality in postmenopausal women

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion Criteria: women whose last menstrual period is 12 months from the last time uninterrupted؛ Aged between 40 and 60 years؛ score 5 or above

questionnaire Sleep Quality Petersburg؛ having anxiety score of 20 or higher؛ not having any disease؛ including : diabetes, insulin-dependent and, Cancer, Lupus, heart failure and lung disease, severe (disease anxiety)؛ no scars at acupressure points؛ lack of mental and physical disabilities from chronic pain on sleep and efficient؛ natural menopause ؛ having full awareness؛ the ability to listen and speak acceptable to answer questions؛ happy to participate in the study. Exclusion Criteria: hospitalization for any reason؛ a hypnotic drug or any drug that has an effect on sleep and anxiety؛ rise to any cause of pain؛ in the absence of more than two sessions؛ not wanting to cooperate during research.

Age
From **40 years** old to **60 years** old

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **108**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not 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
Shiraz University of Medical Science Building, Zand Ave, Shiraz

City
Shiraz

Postal code
713451978

Approval date
2014-04-14, 1393/01/25

Ethics committee reference number
Ct9318412

Health conditions studied

1

Description of health condition studied
Sleep disturbance

ICD-10 code
G47

ICD-10 code description
Disorders of initiating and maintaining sleep

2

Description of health condition studied
Anxiety

ICD-10 code
F41.2

ICD-10 code description
This category should be used when symptoms of anxiety and depression are both present, but neither is clearly predominant, and neither type of symptom is present to the extent that justifies a diagnosis if considered separately. When both anxiety and depr

Primary outcomes

1

Description
Quality of sleep

Timepoint
Before the intervention and 6 weeks after intervention

Method of measurement
Petersburg Questionnaire

2

Description
Anxiety

Timepoint
Before the intervention and 6 weeks after intervention

Method of measurement
Spielberger questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Massage acupressure points

Category
Treatment - Other

2

Description
Intervention group: 6 weeks Pilates exercise under Coach

Category
Treatment - Other

3

Description
control group: without any intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Motahari Clinic
Full name of responsible person
Ms Marzieh kargar
Street address
Namazi terminalfarst، shiraz، fars
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of shiraz University of Medical Sciences
Full name of responsible person
Dr Gholamreza Hatam
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Shiraz University of Medical Sciences,University Central Building, Beside Red Cross, Zand Street
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Grant name
Grant code / Reference number
Ct9318412
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research of 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
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Shiraz University of Medical Sciences
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Person responsible for updating data

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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