

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

Shiraz University of Medical Sciences

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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

City

Shiraz

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

Street address

Shiraz University of Medical Sciences, University Central Building, Beside Red Cross, Zand Street

City

Shiraz

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

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

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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