

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

The effectiveness of acupressure on pain and quality of life in women with chronic low back pain who work in hospitals affiliated to Isfahan University of Medical Sciences in 2016

Protocol summary

Summary

This study is a single-blind randomized clinical trial that evaluated 60 nurses with chronic low back pain, working in selected hospitals of Medical Sciences. Inclusion criteria included nurses desire to take part and placed randomly in three groups, aged 25-55 years, take at least 4 scour according to VAS criteria before the intervention, experience nonspecific low back pain continuously for more than three months based on the detection neurosurgeon, absence of severe pain need immediate treatment or surgery, any open wound, being during menstruation and pregnancy, physical pain, such as rheumatic arthritis, autoimmune diseases, addiction and depression. Exclusion criteria included lack of desire to continue, absence of samples from one sessions, use of other methods of complementary medicine, develop other diseases of the lumbar and Serious physical and mental damage. Simple Sampling conduct and samples are randomly divided into two groups of 30 experimental and sham acupressure. Intervention is during for 9 sessions in 3 weeks. The first 2 minutes of each session will be considered to slow stroke massage on hands, legs and waist. And then the each point GB30, BL32, BL60, K1, GV20, and H7 will be pressed for 2 minutes. Demographic and quality of life questionnaire SF36 and VAS scale, during the fourth stage before intervention, immediately after intervention, 2 weeks and 4 weeks after finish of the intervention will be completed by the samples. Data analysis using descriptive statistics and statistical tests in SPSS.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020617387N5**
Registration date: **2016-05-28, 1395/03/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-05-28, 1395/03/08

Registrant information

Name

Fatemeh Nazari

Name of organization / entity

Isfahan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Deputy Of Research Of Esfahan University Of Medical Sciences

Expected recruitment start date

2016-02-20, 1394/12/01

Expected recruitment end date

2016-06-19, 1395/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of acupressure on pain and quality of life in women with chronic low back pain who work in

hospitals affiliated to Isfahan University of Medical Sciences in 2016

Public title

The effectiveness of acupuncture on pain and quality of life in women with chronic low back pain

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria included nurses desire to take part and placed randomly in three groups, aged 25-55 years, take at least 4 scour according to VAS criteria before the intervention, experience nonspecific low back pain continuously for more than three months based on the detection neurosurgeon, absence of severe pain need immediate treatment or surgery, any open wound, being during menstruation and pregnancy, physical pain, such as rheumatic arthritis, autoimmune diseases, addiction and depression. Exclusion criteria included lack of desire to continue, absence of samples from one sessions, use of other methods of complementary medicine, develop other diseases of the lumbar and Serious physical and mental damage

Age

From **25 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Deputy Of Research Of Esfahan University Of Medical Sciences

Street address

Esfahan University Of Medical Sciences, Hezarjrib street, Esfahan -

City

Esfahan

Postal code

Approval date

2016-01-20, 1394/10/30

Ethics committee reference number

ir.mui.rec.1394.3.738

Health conditions studied

1

Description of health condition studied

Low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back strain

Primary outcomes

1

Description

pain

Timepoint

Before the intervention, immediately after intervention, 2 weeks and 4 weeks after intervention

Method of measurement

VAS Scale

2

Description

Quality Of Life

Timepoint

Before the intervention, immediately after intervention, 2 weeks and 4 weeks after intervention

Method of measurement

SF36

Secondary outcomes

1

Description

Fatigue

Timepoint

Before the intervention, immediately after intervention, 2 weeks and 4 weeks after intervention

Method of measurement

FSS questionnaire

2

Description

Quality of sleep

Timepoint

Before the intervention, immediately after intervention, 2 weeks and 4 weeks after intervention

Method of measurement

Pittsburgh questionnaire

Intervention groups

1

Description

Acupressure intervention will be done on the main points GB30, BL32, BL60, K1, GV20, H7 for 2 minutes on each of the points, by the researcher, 9 sessions for 3 weeks and 3 times per week in experimental group. It should be noted that intervention will begin after the completion of menstrual bleeding, as well as to the homogeneity of the samples in the subjects noted that by the end of this technique they do not use the technique at home. In the experimental group, each session lasts 14 minutes, 2 minutes is for initial surface back Stroke to loosen and open channels of Meridian acupressure points and 12 minutes for pressing each of the 6 point (2 minutes for each point).

Category

Treatment - Other

2

Description

Intervention in the sham group carried out by the researcher for 2 minutes on each of the points, 3 times a week for three weeks, with the difference that points of pressure one to one and a half centimeters away from the main points where the pressure is less than acupressure is effective

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Al Zahra Hospital

Full name of responsible person

Somaye Ghafari

Street address

Esfahan University of Medical Sciences, Hezarjrib Street, Esfahan

City

Esfahan

2

Recruitment center

Name of recruitment center

Kashani hospital

Full name of responsible person

Somaye Ghafari

Street address

Esfahan University of Medical Sciences, Hezarjrib Street, Esfahan

City

Esfahan

3

Recruitment center

Name of recruitment center

Montazeri hospital

Full name of responsible person

Somaye Ghafari

Street address

Esfahan University of Medical Sciences, Hezarjrib Street, Esfahan

City

Najaf Abad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy Of Research Of Esfahan University Of Medical Sciences

Full name of responsible person

Ashraf Kazemi

Street address

Esfahan University of Medical Sciences, Hezarjrib street, Esfahan

City

Esfahan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Deputy Of Research Of Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Maryam movahedi

Position

BS nursing

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