Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Efficacy of electrical stimulation of acupuncture on quality of sleep and sleepiness of shift nurses who work in affiliated hospitals of Kermanshah University of Medical Sciences

Protocol summary

Summary

The aim of this study is to determine the efficacy of acupuncture on the quality of sleep and sleepiness of shift nurses who work in affiliated hospitals of Kermanshah University of Medical Sciences. Nurses who have sleep disorders divide to 3 randomly groups including acupressure group, sham points group and control group. In acupressure group, skin electrical stimulation is going to perform in 6 points (3 bilateral points) for each person in 10 sessions (each session is 5 minutes). In sham points group, skin electrical stimulation is going to perform in sham points and similar to acupressure group. In control group there isn't any intervention. After 10 sessions of intervention, quality of sleep and sleepiness of 3 groups of nurses are going to evaluate and compare by Pittsburgh Sleep Quality Index and Epworth Sleepiness Scale.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015021319508N2**
Registration date: **2015-02-23, 1393/12/04**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2015-02-23, 1393/12/04

Registrant information

Name

Bahador Pyvan

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 83 3427 6345

Email address

pyvan@irhk.ir

Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences

Expected recruitment start date

2015-03-06, 1393/12/15

Expected recruitment end date

2015-06-05, 1394/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of electrical stimulation of acupuncture on quality of sleep and sleepiness of shift nurses who work in affiliated hospitals of Kermanshah University of Medical Sciences

Public title

Efficacy of acupuncture on quality of sleep and sleepiness of shift nurses who work in affiliated hospitals of Kermanshah University of Medical Sciences

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: at least 2 month work in night shift; have Pittsburgh sleep quality index ≥5; have Epworth Sleepiness Scale ≥9. Exclusion criteria: smoker nurses; pregnancy; use of sedative drugs.

Age

From **22 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **33**

Randomization (investigator's opinion)

N/A

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

Kermanshah University of Medical Sciences

Street address

Kermanshah University of Medical Sciences, Shahid Siroudi Blvd.

City

Kermanshah

Postal code

Approval date

2015-01-01, 1393/10/11

Ethics committee reference number

45254

Health conditions studied

1

Description of health condition studied

sleep disorder

ICD-10 code

G47

ICD-10 code description

Sleep disorders

Primary outcomes

1

Description

Degree of sleepiness

Timepoint

After 10 sessions of acupuncture

Method of measurement

Epworth Sleepiness Scale

2

Description

quality of sleep

Timepoint

After 10 sessions of acupuncture

Method of measurement

Pittsburgh Sleep Quality Index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group (acupressure points): Skin electrical stimulation is going to perform in 6 points (3 bilateral points) in acupressure points for each person in 10 sessions (each session is 5 minutes).

Category

Treatment - Other

2

Description

Intervention group (sham points): Skin electrical stimulation is going to perform in 6 points (3 bilateral points) in sham points for each person in 10 sessions (each session is 5 minutes).

Category

Treatment - Other

3

Description

Control group: No intervention.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza hosptal

Full name of responsible person

Bahador Pyvan

Street address

City

Kermanshah

2

Recruitment center

Name of recruitment center

Imam Ali hospital
Full name of responsible person
Bahador Pyvan
Street address
City
Kermanshah

3

Recruitment center
Name of recruitment center
Taleghani hospital
Full name of responsible person
Bahador Pyvan
Street address
City
Kermanshah

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Farid Najafi
Street address
Kermanshah University of Medical Sciences, Shaheed Shiroudi Blvd.
City
Kermanshah
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kermanshah 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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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