

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

Comparison of the effectiveness of acupuncture intervention on levels of competitive anxiety among football players

Protocol summary

Study aim

Determination of the Effectiveness of Acupuncture Intervention on competitive anxiety level in football players

Design

A double blinded, crossed over, randomized by sealed envelope, controlled clinical trial with a sample size of 20 individual which will be conducted between May 2019 and June 2019.

Settings and conduct

The study will be conducted in Sports Medicine Research Center. Participants will complete the questionnaire before and after the intervention. Skin conductance and heart rate will be measured before and after the intervention. Intervention consists of acupuncture in anxiety related points for 30 minutes. Control group will receive acupuncture in none related points for anxiety. Participants, researcher, assessor of the outcome and data analyzers will also be blinded.

Participants/Inclusion and exclusion criteria

inclusion criteria: Being over 19 years old; Male gender; Having experience of playing football for at least one year; Practicing for at least 3 sessions per week. Criteria of not being included: Having history of acupuncture in the past; Consuming drugs; Having any history of depressive disorder or anxiety disorder; Having symptoms of over-training.

Intervention groups

Intervention group consists of acupuncture in anxiety related points and control group consists of acupuncture in none related points to anxiety .

Main outcome variables

Competitive anxiety score; heart rate

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20141115019948N3**

Registration date: **2019-03-08, 1397/12/17**

Registration timing: **prospective**

Last update: **2019-03-08, 1397/12/17**

Update count: **0**

Registration date

2019-03-08, 1397/12/17

Registrant information

Name

Tohid Seif barghi

Name of organization / entity

Sports Medicine Research Center, Department of Sports and Exercise Medicine, Tehran University of Me

Country

Iran (Islamic Republic of)

Phone

+98 21 8863 0227

Email address

tohid_seif@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran university of medical sciences

Expected recruitment start date

2019-04-21, 1398/02/01

Expected recruitment end date

2019-05-22, 1398/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effectiveness of acupuncture

intervention on levels of competitive anxiety among football players

Public title

Effect of acupuncture on levels of competitive anxiety among football players

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Being over 19 years old Male gender Having experience of playing football for at least one year Practicing for at least 3 sessions per week

Exclusion criteria:

Having history of acupuncture in past Consuming drugs Having any history of depressive disorder or anxiety disorder Having symptoms of over-training

Age

From 19 years old

Gender

Male

Phase

N/A

Groups that have been masked

Participant

Investigator

Outcome assessor

Data analyser

Sample size

Target sample size: 20

Actual sample size reached: 20

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomisation method will be performed by using a sealed envelope with the individual unit.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants will be blinded about the type of intervention. Researcher and evaluator of the outcome and data analyzers will also be blinded.

Placebo

Used

Assignment

Crossover

Other design features

The design of the study is a cross over study and will be conducted in two consecutive phase with a week interval.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Science

Street address

No. 7, Bolvar Keshavarz Ave

City

Tehran

Province

Tehran

Postal code

1419733141

Approval date

2016-11-09, 1395/08/19

Ethics committee reference number

IR.TUMS.REC.1395.2871

Health conditions studied

1

Description of health condition studied

Competitive anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety NOS

Primary outcomes

1

Description

Score of competitive anxiety in CSAI-2 questionnaire

Timepoint

Measurement of the score of competitive anxiety before intervention and one hour after intervention

Method of measurement

CSAI-2 Questionnaire

Secondary outcomes

1

Description

Heart rate

Timepoint

Measurement of the heart rate before intervention and one hour after intervention

Method of measurement

Measurement of radial pulse

2

Description

Skin conductance rate

Timepoint

Measurement of the skin conductance rate before and one hour after intervention

Method of measurement

Via GSR temp 2x-relaxation device

Intervention groups

1

Description

Intervention group includes of acupuncture in anxiety related points for 30 minutes.

Category

Other

2

Description

Control group: includes of acupuncture in none related points for anxiety for 30 minutes.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sports Medicine Research Center

Full name of responsible person

Tohid Seif Barghi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mohamad ALI Sahraian

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Tohid Seif Barghi

Position

Assistant professor

Latest degree

Specialist

Other areas of specialty/work

Sport Medicine

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

All collected deidentified data will be shared.

When the data will become available and for how long

Starting 6 months after publication for 6 months.

To whom data/document is available

Data will be only available for people working in academic institutions.

Under which criteria data/document could be used

Using the study protocol is permitted

From where data/document is obtainable

Contact via the email address. tohid_seif@yahoo.com

What processes are involved for a request to access data/document

Contact via the email address. Request for the data. The data will be send by 2 month.

Comments