

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 May 2026

### Effect of acupressure on anxiety of postpartum in postdate women

#### Protocol summary

##### Summary

This study was designed to determine the effect of acupressure on anxiety of postpartum in postdate women. This study population comprised 120 pregnant women with referring to Shahid Akbar Abadi hospital in Tehran were included to 3 group acupressure, sham acupressure and control group. Inclusion criteria: gestational age of 39-40 weeks ; nulliparous women; bishop score < 4. Exclusion criteria: discontinuing of the study by mother request; taking chemical or herbal drugs. Acupressure is performing at the 3 acupoints, 6 spleen, 32 and 60 bladder for 30 minutes twice a day by the mother and the researcher. In the sham acupressure group, pressure is applied in ineffective point for 30 minutes 2 times a day. In this study, primary outcome variable is anxiety of postpartum.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016040621904N3**

Registration date: **2016-05-07, 1395/02/18**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-05-07, 1395/02/18

##### Registrant information

##### Name

Fatemeh Mahmoudi Kohani

##### Name of organization / entity

Shahid Beheshti University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 913 854 3127

##### Email address

f.mahmodi@sbmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shahid Beheshti University of Medical Sciences

##### Expected recruitment start date

2016-03-09, 1394/12/19

##### Expected recruitment end date

2016-05-19, 1395/02/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of acupressure on anxiety of postpartum in postdate women

##### Public title

Acupressure on anxiety of postpartum

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: age of 18-35 years old; gestational age of 39-40 weeks based on LMP or ultrasound in first trimester; nulliparous women; single fetus with cephalic presentation; intact membrane; bishop score < 4; body mass index between 19/8 to 30; estimated fetal weight between ( 4000-2500 gr ); low risk pregnancy; not having sexual intercourse 24 hours before and up to end of the study; not use of any kind of chemical drug or herb to start labor for 36 hours before study; Lack of analgesia drug 8 hours ago Exclusion criteria: discontinuing of the study by mother request; taking chemical or herbal drugs.

##### Age

From **18 years** old to **35 years** old

##### Gender

Female

## Phase

2-3

## Groups that have been masked

No information

## Sample size

Target sample size: 120

## 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

Ethics committee of Shahid Beheshti University of Medical Science

##### Street address

Next to Taleghani hospital, Evin, Shahid Chamran Highway, Tehran.

##### City

Tehran

##### Postal code

#### Approval date

2016-03-07, 1394/12/17

#### Ethics committee reference number

IR.SBMU.RAM.REC.1394.634

## Health conditions studied

### 1

#### Description of health condition studied

Anxiety of postpartum

#### ICD-10 code

F41.1

#### ICD-10 code description

Generalized anxiety disorder

## Primary outcomes

### 1

#### Description

Anxiety

#### Timepoint

Before the intervention, 24 hours after delivery

#### Method of measurement

Speigel Berger Anxiety Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The sham acupuncture group: pressure is applied in ineffective point for 30 minutes 2 times a day.

#### Category

Treatment - Other

### 2

#### Description

The intervention group: acupuncture is applied in acupuncture points BL32, BL60 and SP6 2 times daily for 30 minutes.

#### Category

Treatment - Other

### 3

#### Description

Control group: routine care

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Akbar Abaadi Hospital

##### Full name of responsible person

Nadia Hobi

##### Street address

Ferdose garden station, Molavi street, Tehran

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice Chancellor for Research of Shahid Beheshti University of Medical Sciences

##### Full name of responsible person

Dr. Mostafa Rezaei Tavirani

##### Street address

Shahid Beheshti University of Medical Sciences, Velenjak St, Shahid Chamran Highway, Tehran

##### City

Tehran

#### Grant name

#### Grant code / Reference number

#### Is the source of funding the same sponsor

**organization/entity?**

Yes

**Title of funding source**Vice Chancellor for Research of Shahid Beheshti  
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**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Fatemeh Mahmoudi Kohani

**Position**

MS Student Midwifery

**Other areas of specialty/work****Street address**Shahid Beheshti University of Medical  
Sciences.Velenjak St. Shahid Chamran Highway**City**

Tehran

**Postal code****Phone**

+98 21 8820 2517

**Fax****Email**

mahmodi2020@yahoo.com

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Nursing and Midwifery Shahid Beheshti University

**Full name of responsible person**

Shahnaz Tork Zahrani

**Position**

Academic Faculty Member

**Other areas of specialty/work****Street address**School of Nursing and Midwifery, Shahid Beheshti  
University of Medical Sciences,Valiasr Ave**City**

Tehran

**Postal code**

1985717443

**Phone**

+98 21 8820 2517

**Fax****Email**

mahmodi2020@gmail.com

**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Fatemeh Mahmoudi Kohani

**Position**

MS Student Of Midwifery

**Other areas of specialty/work****Street address**Shahid Beheshti University of Medical Sciences,  
Velenjak St, Shahid Chamran Highway, Tehran.**City**

Tehran

**Postal code****Phone**

+98 21 8820 2517

**Fax****Email**

mahmodi2020@yahoo.com

**Web page address****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*