Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
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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.
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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 acupressure group: pressure is applied in ineffective point for 30 minutes 2 times a day.
Category
Treatment - Other

2

Description
The intervention group: acupressure is applied in acupressure 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
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Ferdose garden station, Molavi street, Tehran
City
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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
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Shahid Beheshti University of Medical Sciences, Velenjak St, Shahid Chamran Highway, Tehran
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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
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

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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