

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jun 2026

Clinical trials acupressure points Sanyinjiao and Hugo and false points of acupressure on quality of life and symptoms in postmenopausal women

Protocol summary

Summary

The aim of this study was to determine the effect of acupressure on quality of life and symptoms of early menopause in women. In this study, eligible individuals of Yasouj all healthy women with health records selected and randomly divided into 4 groups (including Hugo acupressure, acupressure at Sanyinjiao point and the two groups false acupressure points) were divided. Of the four health centers in Yasouj two centers were selected randomly And then centers based on the number of health care records 50 samples randomly Using a random numbers table if the initial inclusion criteria were selected to achieve the desired sample size. Finally, 160 healthy postmenopausal women were enrolled. The main inclusion criteria: start 5-1 years of menopause, people with average quality of life score (52-26) and poor quality of life (87-52), the exclusion criteria: unwillingness to participate or continue to participate in the study, developing the diseases that have affected the outcome variable. Intervention for 4 weeks was just a day of rest. The purpose of the intervention was determined by the first pressure point, then the pressure of a pump and then pump behavior decompression was performed and the process for 30 minutes (15 minutes and 15 minutes resting pressure) to be repeated as. Baseline questionnaires, 2 weeks and 4 weeks after the intervention was completed by the participants. Quality of life score and menopausal symptoms in four groups and each group was compared before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015052022347N1**

Registration date: **2016-04-05, 1395/01/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-05, 1395/01/17

Registrant information

Name

Masooome Davoodi

Name of organization / entity

Yasuj University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 74 3333 4737

Email address

m.davoodi@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Yasuj University of Medical Science

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2014-06-20, 1393/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trials acupressure points Sanyinjiao and Hugo and false points of acupressure on quality of life and symptoms in postmenopausal women

Public title

Acupressure effect on quality of life and symptoms of menopause

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: experiencing a normal menopause without surgery and medical intervention, lack of participation background in acupuncture, 1 to 5 years should have been passed since the start of menopause, people with average quality of life score (52 -26) and poor quality of life (87-52). Exclusion criteria: The unwillingness to participate or continue to participate in the study, moving from the place of the study, suffering from diseases that affect the variables of consequence.

Age

From **48 years** old to **58 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **160**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not 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 Yasuj University of Medical Science

Street address

Faculty of Nursing and Midwifery, second floor, Yasuj University of Medical Science, Shahid Jalil boulevard, Yasuj.

City

Yasuj

Postal code

7591741417

Approval date

2014-07-28, 1393/05/06

Ethics committee reference number

93.05.06.06

Health conditions studied

1

Description of health condition studied

Menopause

ICD-10 code

n95.1

ICD-10 code description

Symptoms such as hot flashes, insomnia, headaches, lack of concentration, associated with menopause

Primary outcomes

1

Description

symptoms of menopause

Timepoint

Before the intervention, two weeks after the intervention, four weeks after the intervention

Method of measurement

Kuperman questionnaire

2

Description

Quality of life

Timepoint

Before the intervention, two weeks after the intervention, four weeks after the intervention

Method of measurement

General Quality of Life Questionnaire sf12, Menopause Quality of Life Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Do acupuncture in the Sanyinjiao point: In this group put pressure on the inside of the leg above the Wrist for 4 weeks as every other day for 30 minutes (15 minutes and 15 minutes resting pressure) was done

Category

Rehabilitation

2

Description

Do acupuncture in Hugo false point: in this group one and a half inches from the point that Hugo was not in the main meridians, just back and touch the skin and the pressure was not applied.

Category

Rehabilitation

3

Description

Do acupuncture in Sanyinjiao false point: in this group

one and a half inches of Sanyinjiao point that was not in the main meridians, and touch only contact with the skin and the pressure was not applied.

Category

Rehabilitation

4**Description**

Do acupressure in Hugo point: In this group put pressure on the back of hand bone in the angle between thumb and forefinger for 4 weeks every other day for 30 minutes each day (15 minutes of pressure and a 15-minute rest) Been.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shahid Dastgheyb Health Center

Full name of responsible person

Masoome Davoodi

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Faculty of Nursing and Midwifery, second floor, Yasuj University of Medical Science, Shahid Jalil boulevard, Yasuj.

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2**Recruitment center****Name of recruitment center**

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice Chancellor for Research of Yasuj University of Medical Science

Full name of responsible person

Mahmood Naraki

Street address

Vice Chancellor for Research of Yasuj University of Medical Science, ground floor, Center Building of Yasuj University of Medical Science, Setad, Shahid Motahari Boulevard, Yasuj.

City

Yasuj

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 Yasuj University of Medical Science

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**

Yasuj university of Medical Science

Full name of responsible person

Masoome Davoodi

Position

Master of Medical Surgical Nursing

Other areas of specialty/work**Street address**

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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