

# 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)

###### Phone

+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

**Street address**

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

**City**

Yasuj

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

Health Center Sharaf Abad

**Full name of responsible person**

Masoome Davoodi

**Street address**

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

**City**

Yasuj

**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**

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

**City**

Yasuj

**Postal code**

7591741417

**Phone**

+98 74 3333 4737

**Fax**

+98 74 1333 7370

**Email**

davodi.ma@ymail.com www.yums.ac.ir

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

Yasuj University of Medical Science

**Full name of responsible person**

Dr. Ardashir Afrasyabifar

**Position**

PHD in Nursing

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

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

Yasuj.

**City**

Yasuj

**Postal code**

7591741417

**Phone**

+98 74 3223 4115

**Fax**

+98 74 1333 7370

**Email**

afrasiabifar@yahoo.com-

afrasiabifar.ardashir@Yums.ac.ir - www.yums.ac.ir

**Web page address**

**City**

Yasuj

**Postal code**

7591741417

**Phone**

+98 74 3333 4737

**Fax**

+98 74 1333 7370

**Email**

davodi.ma@ymail.com www.yums.ac.ir

**Web page address**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Yasuj University of Medical Science

**Full name of responsible person**

Masooome Davoodi

**Position**

Master of Medical Surgical Nursing

**Other areas of specialty/work**

**Street address**

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

**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*