Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

comparison acupressure effect between neiguan point and placebo on pain and anxiety in inguinal hernia surgery

Protocol summary

Summary

This study is performed to investigate the effect of acupressure at neiguan point on anxiety and pain in patients undergoing inguinal hernia surgery. This clinical trial,included two groups and was single blinded. In This study, 88 patients who underwent inguinal hernia and their age ranged from 13 to 75 years, were examined. The patients were under general anesthesia with endotracheal tube and without any mental illness and addiction. The subjects were randomly assigned to two groups of intervention (n = 44) and placebo (n = 44). In the intervention group, acupressure was applied using wristbands buttons tension in the neiguan point, and in the placebo group wristbands without buttons tension was placed loosely in false point. measurements were made in two steps (before and after surgery). Wristbands were placed once for 5 minutes before surgery, and anxiety were measured before and after intervention using the Spielberger questionnaire. After surgery, when the patient become alert, acupressure wristbands were placed every two hours for 5 minutes to 6 hours, and pain level was measured based on the assessment protocol of vital sign.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015062322888N1**
Registration date: **2015-08-23, 1394/06/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-08-23, 1394/06/01

Registrant information

Name

Fatemeh Zeynali

Name of organization / entity

Sabzevar University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

fatemeh.z134@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Sabzevar University of Medical Sciences

Expected recruitment start date

2015-02-04, 1393/11/15

Expected recruitment end date

2015-05-05, 1394/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparison acupressure effect between neiguan point and placebo on pain and anxiety in inguinal hernia surgery

Public title

effect of acupressure on pain, and anxiety in inguinal hernia surgery

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: age range 13-75 years, general anesthesia with endotracheal intubation, The Neiguan region do not have any deformity and injuries, Didn't

have any history of mental disorder ,addiction and history of previous abdominal surgery ,Ability to speak and understand the Persian language. Exclusion criteria included: Discontent for the use of wristbands at any time of the study, Do not use opioid drugs and sedative for 4 hours before the intervention, Long operation time and the incidence of adverse events recorded in the patient during surgery.

Age
From **13 years** old to **75 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **88**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
A pilot study was done on 54 patients the same quality of the original study and the sample size was determined 88. Permutation block method was used to divide patients to intervention and placebo groups. Patients in this study were blind and unaware of the type of groups that were in it. This study was conducted with self-made wristbands.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Sabzevar University of Medical Sciences.

Street address
Building number one, next to the police station to SHahroud road, The School of Nursing and Midwifery, University of Medical Sciences and Health Services, sabzevar

City
Sabzevar

Postal code

Approval date
2015-02-04, 1393/11/15

Ethics committee reference number
medsab.Rec.93.65

Health conditions studied

1

Description of health condition studied
Inguinal Hernia

ICD-10 code
K40.9

ICD-10 code description
Unilateral or unspecified inguinal hernia, without obstruction or gangrene

Primary outcomes

1

Description
pain

Timepoint
before the surgery and after the surgery to 6 hours

Method of measurement
Visual Analogue Scale

2

Description
Anxiety

Timepoint
before the surgery

Method of measurement
Spielberger questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group received acupressure on neiguan point with an wristbands with a button applies pressure for 5 minutes.

Category
Treatment - Other

2

Description
placebo group received light pressure with an wristbands without a button applies pressure in false points for 5 minutes.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

sabzevar Emdad Hospital

Full name of responsible person

fatemeh zeynali

Street address

City

sabzevar

2

Recruitment center

Name of recruitment center

sabzevar Vasei Hospital

Full name of responsible person

fatemeh zeynali

Street address

City

sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Sabzevar University of Medical Sciences

Full name of responsible person

Moosa Reza Tadayonfar

Street address

Building number one, next to the police station to SHahroud road, The School of Nursing and Midwifery, University of Medical Sciences and Health Services, sabzevar

City

sabzevar

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 Sabzevar 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

Sabzevar University of Medical Sciences

Full name of responsible person

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Position

Student of MSc Nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

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Other areas of specialty/work

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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