

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The effect of acupressure on severity of depression in hemodialysis patients referred to hemodialysis units in hospitals of Isfahan in 2012

Protocol summary

Summary

Depression is the most common mental health problem in hemodialysis patients that can have a negative impact on patients' quality of life. This study aimed to determine the effect of acupressure on severity of depression in hemodialysis patients. Methods: This study is a randomized clinical trial. Ninety-six hemodialysis patients in hemodialysis wards of Noor, Shariati, and Al-Zahra Hospitals were selected by convenient sampling method and randomly divided into three groups (32 patients) of intervention, placebo, and control groups. Data collection tools included a demographic questionnaire and Beck Depression Scale. Acupressure in the intervention and placebo groups was performed over 4 consecutive weeks, 3 times a week, each session lasting 20 minutes during the first 2 hours of dialysis at 6 acupressure points; with this difference that in the placebo group intervention was performed with one centimeter distance away from the true points. The control group received usual care. For data analysis, descriptive statistics, inferential (ANCOVA and LSD) and SPSS software version 11.5 was used.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070523044N2**

Registration date: **2016-04-06, 1395/01/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-06, 1395/01/18

Registrant information

Name

Leila Kalani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4242 3308

Email address

leilakalani@yahoo.com

Recruitment status

Recruitment complete

Funding source

School of Nursing and Midwifery, Isfahan University of Medical Sciences

Expected recruitment start date

2011-10-26, 1390/08/04

Expected recruitment end date

2012-01-21, 1390/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on severity of depression in hemodialysis patients referred to hemodialysis units in hospitals of Isfahan in 2012

Public title

The Effectiveness of Acupressure on Severity of Depression in Hemodialysis Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age older than 18 years old; diagnosis of ERSD; undergoing hemodialysis at least for 3 months; the patients with chief complaint of fatigue and having fatigue score ≥ 5 based on fatigue severity visual analogue scale; lack of any wound or fracture; being in

complete psychological and mental health to attend the study and fill the questionnaire, and not having undergone complementary medicine treatment in the past 3 months of the study. Exclusion criteria: patient's absence for two sessions of acupressure intervention and lack of interest to continue the study.

Age

From **18 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **96**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar Jarib St.

City

Isfahan

Postal code

Approval date

2011-10-25, 1390/08/03

Ethics committee reference number

IR.MUI.REC.1390.30303

Health conditions studied

1

Description of health condition studied

Fatigue in hemodialysis patients

ICD-10 code

N18.9

ICD-10 code description

Chronic kidney disease, unspecified

Primary outcomes

1

Description

Fatigue

Timepoint

Before and two weeks after the intervention

Method of measurement

Piper Fatigue Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention in intervention group was conducted in the first 2 h of hemodialysis in the experimental and placebo groups. This intervention was carried out among the subjects regularly undergoing hemodialysis, in both legs, hands, and the waist in three weekly sessions for 4 weeks.[18] In the experimental group, the intervention was conducted on the major acupoints K1, GB 34, ST 36, SP 6, BL 23, and HT7.[22,23] In the placebo group, it was carried out with 1 cm distance from the major above-mentioned acupoints. Each session lasted for 20 min, of which 2 min were devoted for primary superficial stroking of the acupoints[24] and the rest of the time (18 min) was for acupressure of the determined six acupoints (3 min for each acupoint)

Category

Treatment - Other

2

Description

The control group received no specific action was performed only routine care

Category

N/A

3

Description

This intervention in the placebo group during the first 2 hours of hemodialysis. The intervention in both legs, both arms and waist and the people who were dialysis three times a week and regularly 3 sessions per week for 4 weeks was conducted. In the experimental group the main points of acupressure like k1, st36, sp6, bl23, ht7 and gb34. Each session lasted 20 minutes, 2 minutes Stroke initial surface to loosen the acupressure points and meridians and 18 minutes remaining open channels for pressing each of the six point (3 minutes anywhere) of these is a difference of the in the placebo group one centimeter away from the main point

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Shariati Hospital

Full name of responsible person

Leila Kalani

Street address

Shariati Hospital, Shariati St., Chahar Baghe Bala

City

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2

Recruitment center

Name of recruitment center

Al-Zahra hospital

Full name of responsible person

Leila Kalani

Street address

Al-Zahra hospital, Sofe St.

City

Isfahan

3

Recruitment center

Name of recruitment center

Nour Hospital

Full name of responsible person

Leila Kalani

Street address

Nour Hospital, Ostandari St.

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice President of Research, School of Nursing and Midwifery, Isfahan University of Medical Sciences

Full name of responsible person

Maryam Kianpour

Street address

Isfahan University of Medical Sciences, Hezar Jarib St.

City

Isfahan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice President of Research, School of Nursing and Midwifery, Isfahan 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

Dezful University of Medical Sciences

Full name of responsible person

Leila Kalani

Position

MSc in Critical Care Nursing

Other areas of specialty/work

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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