

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### The effect of acupressure on severity of headache due to spinal anesthesia in cesarean section

#### Protocol summary

##### Summary

The study aim is to determine the effect of applying acupressure on the severity of spinal anesthesia-induced headache in women undergoing in cesarean operation. This study is a clinical trial designs with three groups: intervention, placebo and control. The study population includes all pregnant women who candidate for cesarean with spinal anesthesia technique that admitted in Amirmomenin's (AS) hospital of Semnan. The main inclusion criterion is headache that induced by receiving spinal anesthesia for cesarean. The main exclusion criterion is the absence of headache between sixth until eighteenth hours after receiving spinal anesthesia for cesarean operation. The study sample size are 90 patients that were divided among three groups. Headache severity of patients will be measured by visual analogue scale (VAS) in 6 to 18 hours of post operative period. In intervention groups, acupressure will be conducted on Yintay, Taiyang, Large intestine 4, Liver 3 and GB 20 points; while, the mentioned points only will be touched without any pressure in placebo group. Also, no action will be taken in the control group. Then in three groups, the headache severity will be measured after 5 minutes. The difference between pain intensity will be calculated before and after measurements.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015071423159N2**  
Registration date: **2015-08-09, 1394/05/18**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2015-08-09, 1394/05/18

#### Registrant information

##### Name

Alice Khachian

##### Name of organization / entity

School of Nursing and Midwifery, Iran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 4365 1000

##### Email address

khachian.a@iums.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Iran University of Medical Sciences

#### Expected recruitment start date

2015-05-21, 1394/02/31

#### Expected recruitment end date

2015-11-07, 1394/08/16

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The effect of acupressure on severity of headache due to spinal anesthesia in cesarean section

#### Public title

The effect of acupressure on headache

#### Purpose

Supportive

#### Inclusion/Exclusion criteria

Inclusion criteria: Suffering from headache after receiving spinal anesthesia; Pregnant women who have undergone elective caesarean; The lack of susceptibility to migraine or any other chronic headaches before

cesarean based on patient's report; Non-suffering from seizures based on patient's report and records; Patient ability for verbal communication Exclusion criteria: Patient intolerance for headache during intervention and demand for drugs; The nausea and vomiting or other complications in patients due to severe headache; Non-suffering from headache between six to eighteen hours after receiving spinal anesthesia

**Age**

From **15 years** old to **45 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **90**

**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**

Ethic committee of Iran University Of Medical science

**Street address**

Iran University of Medical Sciences, Hemat Highway

**City**

Tehran

**Postal code**

19922347512

**Approval date**

2015-05-09, 1394/02/19

**Ethics committee reference number**

IR.IUMS.REC.1394.26130

**Health conditions studied****1****Description of health condition studied**

Headache due to spinal anesthesia

**ICD-10 code**

o89.4

**ICD-10 code description**

Spinal and epidural anaesthesia-induced headache during the puerperium

**Primary outcomes****1****Description**

Severity of headache

**Timepoint**

Before and 5 minutes after intervention

**Method of measurement**

Visual Analogue Scale

**Secondary outcomes****1****Description**

Pain severity difference before and after intervention

**Timepoint**

10 minutes after intervention

**Method of measurement**

Visual Analogue Scale

**Intervention groups****1****Description**

Researcher will apply pressure on Yintay between eyebrows, Taiyang at outer corner of eyes, Large Intestine 4 between thumb and index finger, Livre 3 behind feet between first and second fingers and GB 20 in first cervical vertebra in intervention group and after measuring and recording the headache intensity. The way of applying pressure on these points will be soft and deep; applying pressure on these points will be done bilateral except Yin Tai point. The pressure time on each point will be a minute. Therefore, total time of intervention will not take more than 5 minutes.

**Category**

Treatment - Other

**2****Description**

In placebo group, Yintay, Taiyang, Large Intestine 4, Liver 3 and GB 20 will be touched and no pressure will be applied.

**Category**

Placebo

**3****Description**

In control group, there will be any intervention and only headache intensity will be measured and recorded after patient suffering from headache and 5 minutes after it.

**Category**

Other

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Amiralmomenin (AS) Hospital

**Full name of responsible person**

Mrs Vafaenejad

**Street address**

Education Supervisor Office, Amiralmomenin (AS) Hospital, Emam Hossain (AS) square

**City**

Semnan

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Vice chancellor for research, Iran University of Medical Sciences

**Full name of responsible person**

Dr Seyed Ali Javad Mousavi

**Street address**

Room #503, 5th floor, Central building of Iran University of Medical Sciences, between Chamran and Hemmat Expways, Hemmat Expway

**City**

Tehran

**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, Iran 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**

School of Nursing and Midwifery, Iran University of Medical Sciences

**Full name of responsible person**

Maehheh Tourdeh

**Position**

Nursing Msc Student

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

School of Nursing and Midwifery, Iran University of Medical Sciences, Vali-e-asr Ave , Shahid Rashid Yasemi St.

**City**

Tehran

**Postal code**

1995614111

**Phone**

+218 8882885

**Fax****Email**

Tourdeh.m@gmail.com

**Web page address**

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

School of Nursing and Midwifery, Iran University of Medical Sciences

**Full name of responsible person**

Alis Khachian

**Position**

Assistant Professor

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

School of Nursing and Midwifery, Iran University of Medical Sciences, Vali-e-asr Ave , Shahid Rashid Yasemi St.

**City**

Tehran

**Postal code**

1995614111

**Phone**

+98 21 4365 1000

**Fax**

+98 21 8820 1978

**Email**

alicekhachian@hotmail.com

**Web page address**

## Person responsible for updating data

#### Contact

**Name of organization / entity**

School of Nursing and Midwifery, Iran University of Medical Sciences

**Full name of responsible person**

Maedeh Tourdeh

**Position**

School of Nursing and Midwifery, Iran University of Medical Sciences

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

School of Nursing and Midwifery, Iran University of Medical Sciences, Vali-e-asr Ave , Shahid Rashid Yasemi St.

**City**

Tehran

**Postal code**

1995614111

**Phone**

+218 8882885

**Fax**

**Email**

Tourdeh.m@gmail.com

**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*