Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of acupressure on severity of fatigue and quality of life of asthmatic pation

Protocol summary

Summary

This study is a randomized clinical trial of the effect of acupressure on fatigue and quality of life of patients with asthma review.The study population of patients with asthma are referred to Hospital clinics Yazd University of Medical Sciences.Of the two existing centers in their asthma care routine is almost identical to sample one of the randomly selected for the intervention group and another for the control group.36 samples were randomly placed in each group Between the two groups in terms of age, sex and severity of asthma as possible will be matched.Patients in the control group will receive routine care and patients in the experimental group, in addition to routine care center, Acupressure (20 minutes Chinese massage for each person on the ST36, SP6, GB34, LU1, KI1 3 days a week 8 weeks) also receive.Before starting the study, the consent of the participants are taken, then individual data using demographic questionnaire, a questionnaire on quality of life, quality of life (SF36) and fatigue them with a measure of fatigue (FSS) to be collected in both groups.Telephone follow-up is done by the researchers, and then in two steps, the fourth and eighth weeks after the start of the study in both groups filled questionnaires and the results analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080823554N1**
Registration date: **2015-09-28, 1394/07/06**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-09-28, 1394/07/06

Registrant information

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Fatemeh Dehghanizadeh Baghdadabad
Name of organization / entity
School of Nursing and Midwifery, Tehran
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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Science

Expected recruitment start date

2015-05-10, 1394/02/20

Expected recruitment end date

2015-09-23, 1394/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of acupressure on severity of fatigue and quality of life of asthmatic pation

Public title

The effect of acupressure on fatigue and quality of life of asthmatic pation

Purpose

Supportive

Inclusion/Exclusion criteria

- Inclusion criteria: In this study, all subjects in addition to the informed consent must also meet the following conditions. 1) younger than 65 and older than 18 years. 2) have an incentive to participate in the study. 3) The

disease is confirmed by the medical experts and the results of diagnostic tests. 4) lowering medications such as amantadine not use fatigue. 5) disease is not known psychological and psychiatric drugs affecting their consumption. 6) the ability to understand their conversation in Farsi. 7) are literate. 8) the possibility of establishing direct telephone contact with the patients' residence there. - Exclusion criteria: 1) consent to continue participating in each stage of intervention. 2) the absence of the patient in the two sessions of acupressure 3) During the study, the disease progresses or the patient dies.

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research Deputy Tehran University of Medical Sciences

Street address
sixth floor of the University Center, Qods St, Keshavarz Blvd. Tel: 88987382 - Fax: 88989664

City
tehran

Postal code

Approval date
2015-03-04, 1393/12/13

Ethics committee reference number
9111196022-138192

Health conditions studied

1

Description of health condition studied
asthma

ICD-10 code
J45.0

ICD-10 code description
Predominantly allergic asthma

Primary outcomes

1

Description
Fatigue

Timepoint
Before the study, 4 and 8 weeks after the start of the study

Method of measurement
پرسشنامه fss

2

Description
quality of life

Timepoint
Before the study, 4 and 8 weeks after the start of the study

Method of measurement
Sf36 questionnaire

Secondary outcomes

1

Description
second-hand smoke

Timepoint
Before the intervention

Method of measurement
Questions demographic questionnaire

2

Description
Type tobacco And duration of use

Timepoint
Before the intervention

Method of measurement
Questions demographic questionnaire

3

Description
Time to quit smoking

Timepoint
Before the intervention

Method of measurement
Questions demographic questionnaire

4

Description

Number of cigarettes smoked per day

Timepoint

Before the intervention

Method of measurement

Questions demographic questionnaire

5

Description

Smoking habits

Timepoint

Before the intervention

Method of measurement

Questions demographic questionnaire

Intervention groups

1

Description

Patients in the control group routine care referral center include the period (2 months) under the doctor's clinic and receive medication adjustments.

Category

Other

2

Description

Patients in the experimental group received acupressure also receive routine care center. In the experimental group, Chinese acupressure on the ST36 (in the anterior part of the leg and within the width of a finger spines anterior tibia), SP6 (the medial tibia posterior side of the leg above the medial malleolus), GB34 (in the inferior frontal troughs the fibula bone), LU1 (in the chest outside the chest and in the intercostal space), KI1 (in the soles of the feet are 3/1 and 3/2 imaginary line between the second and third toes and heel) in sides for 2 minutes per point (1 minute direct pressure with the thumb until the person feels pain, distention, and more with the same amount of flow and pressure 1 minute massage is done in a clockwise direction) total 20-minute massage per person, 3 days per week for 8 weeks on patients there.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatemeh Zahra Hospital Clinic

Full name of responsible person

Maryam Abooei

Street address

City

Mehriz

2

Recruitment center

Name of recruitment center

shahid Sadoughi Hospital Clinic

Full name of responsible person

Maryam Broomand

Street address

City

Yazd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Center School of Nursing and Midwifery, Tehran

Full name of responsible person

Dr.Ziba Taghizadeh

Street address

Faculty of Nursing & Midwifery, Tohid square, Nosrat Eastern St

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Center School of Nursing and Midwifery, Tehran

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

Tehran University of Medical Sciences,School of Nursing and Midwifery

Full name of responsible person

Shadan Pedramrazi

Position

Educator Faculty member/Master in Nursing Education

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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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