

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The effect of psycho-educational counseling and acupressure on the severity and duration of pregnancy nausea and vomiting in pregnant women

Protocol summary

Summary

This study is done to evaluate the effectiveness of individual psycho-educational counseling and acupressure on the severity and duration of nausea and vomiting in pregnant women. The sample the sample group consist of 92patients who are randomly divided equally into two intervention and control group(the member of each group=46).. In the intervention group, after referral to the treatment centers and before any usual therapeutic treatment for 3 sessions under psychological and acupressure counseling, they were placed on a weekly basis for 90 minutes, and pregnant women with a complaint of nausea and vomiting, mild to moderate Within the past three days and gestational age, 6 to 6 weeks can be included in the study, and women who do not attend counseling sessions or have severe symptoms of illness are excluded. Study Reports: Psychological counseling and acupressure are expected. The severity and duration of nausea and vomiting of pregnancy is effective.

General information

Acronym

dont have

IRCT registration information

IRCT registration number: **IRCT2017090124866N9**

Registration date: **2017-10-16, 1396/07/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-10-16, 1396/07/24

Registrant information

Name

Katayoun Alidousti

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5219

Email address

alidoosti@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Kerman University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-06-22, 1396/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of psycho-educational counseling and acupressure on the severity and duration of pregnancy nausea and vomiting in pregnant women

Public title

The effect of psycho-educational counseling and acupressure on the severity and duration of pregnancy nausea and vomiting in pregnant women

Purpose

Supportive

Inclusion/Exclusion criteria

indusion criteria: Complaints of nausea and vomiting

during the past three da; having a gestational age of 6-10 weeks; a lack of any medical problem and taking medication; not taking vitamin B6 before or during the study. Exclusion criteria: The need for medication to reduce symptoms in severe cases; lack of attendance at training sessions.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 92

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**

Kerman University of Medical Sciences Ethics Committee

Street address

Campus University beginning around seven gardens Alavi; Kerman

City

kerman

Postal code**Approval date**

2016-11-05, 1395/08/15

Ethics committee reference number

lr.kmu.rec.1395.291

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

Nausea and vomiting of pregnancy

ICD-10 code

015

ICD-10 code description

Hyperemesis gravidarum, mild or unspecified, starting

before the end of the 22nd week of gestation

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

Nausea and vomiting of pregnancy

Timepoint

Before intervention and 4 weeks after intervention

Method of measurement

Rhodes index

Secondary outcomes

empty

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

In the intervention group, three psycho-educational counseling sessions are held for and acupressure are performed for 90 minutes and one week apart.

Category

Behavior

2**Description**

The control group, only routine procedures done

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Health Center Imam Hasan Mojtaba

Full name of responsible person

Zahra Saidi

Street address

Shariati Street

City

Rafsanjan

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

Imam Ali Hospital

Full name of responsible person

Zahra Saidi

Street address

Imam street

City

Rafsanjan

3

Recruitment center

Name of recruitment center

Imam Sadiq Health Center

Full name of responsible person

Zahra Saidi

Street address

Worker Street

City

Rafsanjan

4

Recruitment center

Name of recruitment center

Health Center No. 6

Full name of responsible person

Zahra Saidi

Street address

Mostafa Khomeini Streeti

City

Rafsanjan

5

Recruitment center

Name of recruitment center

Shahid Nik Nafs Health Center

Full name of responsible person

Zahra Saidi

Street address

West Amir Kabir Street

City

Rafsanjan

6

Recruitment center

Name of recruitment center

Health Center No. 8

Full name of responsible person

Zahra Saidi

Street address

Azadi Blvd.

City

Rafsanjan

7

Recruitment center

Name of recruitment center

Health Center No. 2

Full name of responsible person

Zahra Saidi

Street address

May 15th

City

Rafsanjan

8

Recruitment center

Name of recruitment center

Health Center No. 7

Full name of responsible person

Zahra Saidi

Street address

City

Rafsanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research Kerman University of Medical Sciences

Full name of responsible person

Dr.Abbas Pardakhty

Street address

Campus University of Medical Sciences beginning around seven gardens Alavi; Kerman

City

Kerman

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 Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Zahra Saidi

Position

Master of Midwifery Consultation

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

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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