Clinical Trial Protocol
Iranian Registry of Clinical Trials

15 Jul 2026

Comparison of acupressure effect of the third liver, fourth large intestine and placebo points on quality of life of girls with primary dysmenorrhea.

Protocol summary

Summary

Aim of study: evaluation of acupressure effect of the third liver, fourth large intestine and placebo points on quality of life of girls with primary dysmenorrhea. Study design: one blind randomized. Study population: this study is a randomized single blind controlled clinical trial undertaken with students with primary dysmenorrhea living in the Kowsar dormitory of the Hormozgan University of Medical Science, Iran from 2015-2016. Inclusion criteria: age between 18-21; being single; regular menstrual period (duration of 3-8 days and the interval of 21-35 days); a pain score of 4-10 according to the Wong-Baker faces pain scale; no genital disease; at least two hours passing after the last meal; absence of pain in all days of menstrual bleeding; no usage of oral or other contraceptives or drugs which disturb the ovulation cycle (NSAIDS, analgesics, prostaglandin synthesis inhibitors) four days before acupressure is started; lack of any abdominal/pelvic surgery; absence of tobacco consumption; not being alcohol consumer; absence of any speaking, visual, and auditory problems; absence of medical disease(cardio-vascular disease, nephropathy, respiratory disorders, diabetes, asthma, hypo/hyper thyroidism; absence of any severe psychological stress during the last six months(loss of relatives, etc); absence of any lesion, varices, or inflammatory skin disease at the location of applying pressure. Exclusion criteria: no desire of participant to cooperative in the study. Study sample: 90 people (30 people per group). Intervention: 20 minutes acupressure on the third liver, fourth large intestine and placebo points for five days before of menstruation for two menstrual cycles. Time intervention: five days before of menstruation for two menstrual cycles for 20 minutes. Primary outcomes: pain severity, pain duration, quality of life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016052428038N1**
Registration date: **2016-07-04, 1395/04/14**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-07-04, 1395/04/14

Registrant information

Name
Fatemeh Bazarganipour
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Hormozgan University of Medical Sciences

Expected recruitment start date

2015-04-21, 1394/02/01

Expected recruitment end date

2017-03-20, 1395/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of acupressure effect of the third liver, fourth large intestine and placebo points on quality of life of girls with primary dysmenorrhea.

Public title
Effect of acupressure in dysmenorrhea
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: female gender; age between 18-21 years old; being single; regular menstrual period (duration of 3-8 days and the interval of 21-35 days); a pain score of 4-10 according to the Wong-Baker faces pain scale; no genital disease; at least two hours passing after the last meal; absence of pain in all days of menstrual bleeding; no usage of oral or other contraceptives or drugs which disturb the ovulation cycle (NSAIDS, Analgesics, Prostaglandin synthesis inhibitors) four days before acupressure is started; lack of any abdominal/pelvic surgery; absence of tobacco consumption; not being alcohol consumer; absence of any speaking, visual, and auditory problems; absence of medical disease(cardio-vascular disease, nephropathy, respiratory disorders, diabetes, asthma, hypo/hyper thyroidism; absence of any severe psychological stress during the last six months(loss of relatives, etc); absence of any lesion, varices, or inflammatory skin disease at the location of applying pressure. Exclusion criteria: no desire of participant to cooperative in the study.
Age
From **18 years** old to **21 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)
Single blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Hormozgan University of Medical Science
Street address
Hormozgan University of Medical Science
City
Bandarabbas
Postal code
Approval date
2016-03-14, 1394/12/24
Ethics committee reference number
HUMS.REC.1394.165

Health conditions studied

1

Description of health condition studied
Dysmenorrhea
ICD-10 code
N94.4
ICD-10 code description
Primary dysmenorrhoea

Primary outcomes

1

Description
Pain severity
Timepoint
Start of mensturation for two mentrural cycles
Method of measurement
Questionnaire

Secondary outcomes

1

Description
Quality of life
Timepoint
start of mensturation for two mentrural cycles
Method of measurement
Questionnaire

Intervention groups

1

Description
LIV3 group: The LIV3 point (or third hepatic acupoint) is one of the hepatic meridians located at the point of bones junction. LI4 group: The LI4 point (HUGO) is located at the dorsal surface of the hand between the thumb and the index finger, at the middle of the second metacarpus bone. Placebo group:The placebo point is located between the third and the forth toes which is not in the meridian line
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center

University Students Dormitory

Full name of responsible person

Street address

City

Bandarabbas

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hormozgan University of Medical Science

Full name of responsible person

Abdolazim Nejatizadeh

Street address

No. 7916839319, Vice chancellor for research, Shahid Mohammadi hospital, Bandarabbas

City

Bandarabbas

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hormozgan University of Medical Science

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

Hormozgan University of Medical Science

Full name of responsible person

Dr. Fatemeh Bazarganipour

Position

Faculty member

Other areas of specialty/work

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Ph.D

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Person responsible for updating data

Contact

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Fatemeh Bazarganipour

Position

Assistant professor

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