Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparing the efficacy of cupping method and medroxyprogesterone acetate in reducing menstrual bleeding in women with heavy menstrual bleeding

Protocol summary

Summary

This study is a clinical trial that assessor and statistical analyzer are blinded. The aim of this study is to compare the efficacy of cupping method versus medroxyprogesterone acetate in reducing menstrual bleeding in patients with disorders of uterine bleeding (DUB). The patients' populations are 20 to 50 years old females with DUB, screened by gynecologist. They are enrolled after completing informed consent form. The volume of menstrual bleeding is determined by Pictorial Assessment of Blood Loss (PBAC) questionnaire. Estimated sample size, 162 patients, are randomly assigned to two equal groups.The intervention group is treated with cupping in the chest for ten minutes and for three times every half-hour in each day, until the end of the luteal phase of the menstrual cycle. This procedure is repeated for three menstrual cycles. In the control group, patients receive one tablet of 10 mg of medroxyprogesterone acetate, daily, during the luteal phase for three menstrual cycles. Clinical and demographic information questionnaire made by the investigator record baseline measures in the first cycle. Also, PABC and menorrhagia questionnaires complete in the first menstrual cycle as well as one and three months after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016052528080N1**
Registration date: **2016-06-25, 1395/04/05**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-06-25, 1395/04/05

Registrant information

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2015-11-11, 1394/08/20

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the efficacy of cupping method and medroxyprogesterone acetate in reducing menstrual bleeding in women with heavy menstrual bleeding

Public title

The effect of cupping method in the treatment of menorrhagia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women with uterine bleeding disorders; Patients referred by a gynecologist with disorders of uterine bleeding; patient with completed informed consent form Exclusion criteria: women younger than 20 or older than 50 years; history of chest surgery in the last three months; active systemic infection disease; active infected edema on Skin or injury on cupping site; coagulation disorders; use of bleeding-lowering drugs such as Mefenamic acid, etc. during the study period; uterine fibrosis with endometrial thickness; fraction in the chest area ,especially in the ribs 7-12 on cupping site; chemical medicines or herbal and other alternative medicine methods used during the study; pregnant or plan to become pregnant during the study; dependence on drugs in the past 6 months

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **162**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran University of Medical Sciences

Street address

The Central Organization of Tehran University of Medical Sciences,Corner of Ghods street,Keshavarz Blvd, Tehran

City

Tehran

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Approval date

2015-08-16, 1394/05/25

Ethics committee reference number

IR.TUMS.REC.1394,596

Health conditions studied

1

Description of health condition studied

DUB

ICD-10 code

N92

ICD-10 code description

Excessive, frequent and irregular menstruation

Primary outcomes

1

Description

patient’s score of bleeding

Timepoint

the first menstrual cycle as well as one and three months after the intervention.

Method of measurement

Pictorial Assessment of Blood Loss questionnaire

Secondary outcomes

1

Description

menorrhagia quality of life questionnaire

Timepoint

1 month

Method of measurement

questionnaire

Intervention groups

1

Description

control group: patients will receive one tablet of 10 mg of medroxyprogesterone acetate, daily, during the luteal phase for three menstrual cycles

Category

Treatment - Drugs

2

Description

The intervention group is treated with cupping in the six symmetrical points on the chest for ten minutes each times and for three times every day , between two course of cupping, 30 minutes rest time exist , this daily procedure repeat until the end of the luteal phase of the menstrual cycle. Also,This procedure continue for three menstrual cycles.

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center
Arash Hospital

Full name of responsible person
Dr.Pirjani

Street address
ASRA Clinic, No. 2, Ghaffari Mahallati Alley, Lower of Telefonkhaneh crossroads, SiMetri Narmak, Narmak, Tehran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran university of Medical Sciences

Full name of responsible person
Mohammad Azizkhani

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Grant name

Grant code / Reference number

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

Title of funding source
Tehran 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
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Position
PhD Candidate

Other areas of specialty/work

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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