

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jul 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

###### Name

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###### Name of organization / entity

Clinical Trial Center, Tehran University of Medical Sciences

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Iran (Islamic Republic of)

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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

##### **Postal code**

#### **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

**City**

Tehran

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

**City**

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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**

Tehran University of Medical Sciences

**Full name of responsible person**

Mohammad Azizkhani

**Position**

PhD Candidate

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## Person responsible for scientific inquiries

### Contact

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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*