

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

The effect of acupressure and touch point (SP6) on pain intensity after delivery 88 qualified mothers give birth on 22 Bahman hospital in Gonabad city

Protocol summary

Summary

This study is a clinical trial which aims to determine the effectiveness of acupressure at the SP6 on pain after delivery will be done. The samples were randomly placed in two groups. This study is a blinded, so that a researcher on clinical samples currently, units reviewed the method used (touch or pressure) do not know. According to statistics consulting with the sample size including 10% attrition, 44 subjects in each group is determined. Inclusion criteria included: Mother's consent, vaginal birth, the second birth, age 37 to 42 weeks of pregnancy, Mother of labor complaints after moderate or severe (a score of 4 or more), having at least Literacy Study, 2500 to 4000 grams birth weight, BMI is between 19.8 to 29 kg per square meter., Delivery without cutting. Child birth physiological. Exclusion criteria included: Maternal use of methods of pain relief, a long and difficult birth, mother's addiction to drugs, cesarean and intra- abdominal surgery. Postpartum hemorrhage and disease. Oxytocin and Augment, not satisfied with the research unit, the uncertainty of the effect of acupressure and fear of the unknown effects. Traumatic child birth. In the intervention group, mothers of hospitalized after giving birth to 2 hours after delivery, constantly checked by the researcher. With the onset of labor after acupressure on severity of pain each time point was recorded. SP6 intervention in the control group in the same way, but without pressure and just touch this point, are found. Interventions for all samples by a single researcher will be done to prevent the emergence of any bias as much as possible. Measuring pain Visual Analogue Scale (VAS) is.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2016070428240N2**

Registration date: **2016-08-22, 1395/06/01**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-08-22, 1395/06/01

Registrant information

Name

Fatemeh Yaghoobi Moghadam Bilondi

Name of organization / entity

Shahrood University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3239 4499

Email address

yaghoobi@shmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrood University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2017-02-18, 1395/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure and touch point (SP6) on pain intensity after delivery 88 qualified mothers give birth on 22 Bahman hospital in Gonabad city

Public title

The effect of acupressure on severity of pain after childbirth

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria included: Mother's consent, vaginal birth, the second birth, age 37 to 42 weeks of pregnancy, Mother of labor complaints after moderate or severe (a score of 4 or more), having at least Literacy Study, 2500 to 4000 grams birth weight, BMI is between 19.8 to 29 kg per square meter., physiological Delivery without cutting .and non-traumatic childbirth. Exclusion criteria included: Maternal use of methods of pain relief, a long and difficult birth, mother's addiction to drugs, cesarean and intra- abdominal surgery.Postpartum hemorrhage and disease .No need for Oxytocin and augmented., not satisfied with the research unit, the uncertainty of the effect of acupressure and fear of the unknown effects. Traumatic delivery.

Age

No age limit

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 88

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

Shahrood University of Medical Sciences

Street address

Shahrood University of Medical Sciences, "Tir" Square, Shahrood, Semnan.

City

Shahrood

Postal code

3614773955

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

IR.SHMU.REC.1395.16

Health conditions studied

1

Description of health condition studied

Pain after childbirth

ICD-10 code

R10.2

ICD-10 code description

Pelvic and perineal pain

Primary outcomes

1

Description

Pain after childbirth

Timepoint

Baseline to two hours after the intervention.

Method of measurement

Visual Analogue Scale

Secondary outcomes

empty

Intervention groups

1

Description

In this group, women in the postpartum hospital stay of up to 2 hours after delivery, constantly checked by the researcher. Whenever the mother of the labor complained, first ruler of her pain with pain that is numbered from 0 to 10 is measured and recorded. The pain and agony average 4 to 7 8 to 10, based on visual rating scale is determined, Sanyinjiao point in both feet first person determined by your fingers and is automatically checked. Then people in the Supine fall, so head above the shoulders is 30 degrees. Thumb bilaterally on the spot and in the clockwise rotational movement of the clock - scattering technique - to apply pressure for 6 seconds. So that people feel tingling, heaviness and heat in their area. Then 2 seconds without pressure, so that the entire 30 minute period; At the end of the technique, using a visual analog scale of pain intensity measured immediately after 30-60-120 minutes. Finally, the pain is compared in the two groups.

Category

Other

2

Description

Sp6 point of intervention in the control group in the same way, but without pressure and just touch this point, are found.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

22 Bahman Hospital

Full name of responsible person

Fateme Yaghoobi

Street address

22 Bahman Hospital, Street Naser Khosro, Gonabad

City

Gonabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrood University of Medical Sciences

Full name of responsible person

Dr Mohammadhasan Emamian

Street address

Shahrood University of Medical Sciences

City

Shahrood

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahrood 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

Shahrood University of Medical Sciences

Full name of responsible person

Fatemeh Yaghoobi Moghadam Bilondi

Position

Master Science of Student Counseling Midwiferys

Other areas of specialty/work

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Nahid Bolbol Haghghi

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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