Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The evaluation of effect of acupressure on primary dysmenorrheal

Protocol summary

Summary

The aim of this study was to evaluate acupressure effect on severity and duration of pain. A total of 200 students aged 18-21 year, educated at Nasibe Tarbiat Moalem College, single, have regular menstruation, and have pain scoring 4-10 on Wong-baker faces pain rating score were recruited. The intervention was acupressure on liv3 point or placebo and primary outcome were severity and duration of primary dysmenorrhea and symptom of liver channel evaluated for four menstrual cycle.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138808272731N1**
Registration date: **2010-02-16, 1388/11/27**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-02-16, 1388/11/27

Registrant information

Name

Fatemeh Bazarganipour

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

+98 21 8822 0209

Email address

bazarganipour@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Tarbiat Modares University

Expected recruitment start date

2008-10-22, 1387/08/01

Expected recruitment end date

2009-03-19, 1387/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The evaluation of effect of acupressure on primary dysmenorrheal

Public title

The evaluation of effect of acupressure on primary dysmenorrheal

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age 18-21 years, having regular menstrual cycles (duration of 3-8 days and interval of 21-35 days). presence of moderate to severe pain i.e. a score of 4 or more on a wrong-Baker faces pain scale, presence of symptoms of liver channel, presence of fix or sharp pain in lower abdomen for 1-2 day prior to onset of menstruation, distension feel in abdomen and breast, presence of dark-colored menstruation with clotting, irritability or depression and sometimes sleeplessness prior to onset of menstruation, tongue with red-colored seed, worsening the pain with pressure on abdominal), no prior history of gynecological disease or abdominal or pelvic surgery, no pain during menstrual cycle or menstruation duration, 2 hours after meal Exclusion criteria: history of mental stress in last 6 month especially having moderate to severe level of depression (score of 19 or more in beck-21 inventory), taking analgesics during 4 hours before intervention, menstruation cycle lower than 25 days or more than 35 days, use of tobacco products, or alcohol, presence of verbal, audible, mental problems, heart disease, kidney disease, diabetes mellitus, asthma, hyperthyroid or

hypothyroid, or respiratory disease, presence of scar or inflammatory disease in acupoint.

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: **200**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
Inclusion criteria: age 18-21 years, having regular menstrual cycles (duration of 3-8 days and interval of 21-35 days). presence of moderate to severe pain i.e. a score of 4 or more on a wrong-Baker faces pain scale, presence of symptoms of liver channel, presence of fix or sharp pain in lower abdomen for 1-2 day prior to onset of menstruation, distension feel in abdomen and breast, presence of dark-colored menstruation with clotting, irritability or depression and sometimes sleeplessness prior to onset of menstruation, tongue with red-colored seed, worsening the pain with pressure on abdominal), no prior history of gynecological disease or abdominal or pelvic surgery, no pain during menstrual cycle or menstruation duration, 2 hours after meal Exclusion criteria: history of mental stress in last 6 month especially having moderate to severe level of depression (score of 19 or more in beck-21 inventory), taking analgesics during 4 hours before intervention, menstruation cycle lower than 25 days or more than 35 days, use of tobacco products, or alcohol, presence of verbal, audible, mental problems, heart disease, kidney disease, diabetes mellitus, asthma, hyperthyroid or hypothyroid, or respiratory disease, presence of scar or inflammatory disease in acupoint.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tarbiat Modares Unovercity

Street address
Tehran, Gisha bridge

City
Tehran

Postal code
1411713116

Approval date
empty

Ethics committee reference number
15064459

Health conditions studied

1

Description of health condition studied
primary dysmenorrhea

ICD-10 code
N94.4

ICD-10 code description
Pain and other conditions associated with female genital organs and menstrual cycle

Primary outcomes

1

Description
Liver channel symptoms

Timepoint
first and fourth cycles

Method of measurement
liver channel symptoms questionnare-interview to patient

2

Description
Severity of dysmenorrhea

Timepoint
first and fourth cycles

Method of measurement
multidimensional scoring system -interview with patient

3

Description
Pain severity

Timepoint
monthly

Method of measurement
wrong-Baker faces pain scale-interview to patient

4

Description
Pain duration

Timepoint
monthly

Method of measurement
questionnare-interview to patient

Secondary outcomes

empty

Intervention groups

1

Description
In the experiment group, acupressure done on liv3 point located two thumb-widths behind the skin-margin between the first (big) and second toes for 3-7 days before the onset of menstruation for 20 minutes and follow up for 4 menstruation cycles
Category
Other

2

Description
In the control group, acupressure done on placebo point located two thumb-widths behind the skin-margin between the first (big) and second toes for 3-7 days before the onset of menstruation for 20 minutes and follow up for 4 menstruation cycles
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Nasibe Tarbiat Moallem center
Full name of responsible person
Master and students in this center
Street address
Nasibe Ave., Marzdaran Blvd,Tehran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tarbait Modares University
Full name of responsible person
Research Assisstant of university
Street address
Tehran, Gisha bridge
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tarbait Modares University
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
Tarbiat Modares University
Full name of responsible person
Fatemeh Bazarganipour
Position
MCS of midwifery
Other areas of specialty/work
Street address
Gisha bridge, Tehran
City
Tehran
Postal code
1411713116
Phone
+98 2188220209396
Fax
Email
fatimabazargani@yahoo.comf.bazarganipour@gmail.c
ombazarganipour@modares.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tarbiat Modares University
Full name of responsible person
Minoor Lamyian
Position
PhD of health education
Other areas of specialty/work
Street address
Gisha bridge, Tehran
City
Tehran
Postal code
1411713116
Phone
+98 21 8288 3809
Fax
Email
lamyianm@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tarbiat Modares University
Full name of responsible person

Fatemeh Bazarganipour
Position
MSC of midwifery
Other areas of specialty/work
Street address
Gisha bridge, Tehran.
City
Tehran
Postal code
1411713116
Phone
+98 2188220209396
Fax
Email
fatimabazargani@yahoo.com
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