

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 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)

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+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 questionnaire-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

questionnaire-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

Tarbiat Modares University

Full name of responsible person

Research Assistant 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

Tarbiat 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

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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