

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

The effect of acupressure on anxiety before cesarean section and nausea, vomiting and pain after cesarean section in woman admitted to hospital

Protocol summary

Study aim

The effect of acupressure on anxiety before cesarean section and pain, nausea and vomiting after cesarean section in women admitted to Vali Asr Hospital in 1396

Design

In this study, 60 patients undergoing cesarean section surgery were selected randomly. Participants were randomly assigned to two groups of control and intervention and each participant was given a code.

Settings and conduct

The present study is a randomized, single blind randomized clinical trial. This study is done at Valiasr Hospital in Fasa, Iran. The individual in the placebo group will not be aware of the ineffectiveness of the acupressure point. Acupressure points used in the pre-surgery Yintang and HE-7 points. Also, the points used after surgery are the ST-36 and the LI-4 point.

Participants/Inclusion and exclusion criteria

Inclusion criteria: have no skin problems at the point of acupressure, no use of sedative and stimulant drugs such as alcohol, no use of anti-nausea medicines after surgery. Exclusion criteria: spinal anesthesia

Intervention groups

The groups in this study are divided into two groups of 30 person. The intervention group receive acupressure at the HE-7 and Yintang Point. The control group also receive acupressure at an ineffective point.

Main outcome variables

Anxiety is evaluated before surgery and after the surgery, the pain and nausea and vomiting of the patients are evaluated.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171015036784N3**

Registration date: **2018-01-29, 1396/11/09**

Registration timing: **retrospective**

Last update: **2018-01-29, 1396/11/09**

Update count: **0**

Registration date

2018-01-29, 1396/11/09

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 913 669 4977

Email address

fo.abadi@fums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-11, 1396/09/20

Expected recruitment end date

2018-01-20, 1396/10/30

Actual recruitment start date

2017-12-13, 1396/09/22

Actual recruitment end date

2018-01-25, 1396/11/05

Trial completion date

empty

Scientific title

The effect of acupressure on anxiety before cesarean section and nausea, vomiting and pain after cesarean section in woman admitted to hospital

Public title

Effect of acupressure on anxiety, nausea, vomiting and pain

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
Having Iranian nationality Having no specific problem at the site of acupressure (no wounds, burns, cysts, abscess) No use of sedatives, analgesics or anxiety drugs before surgery. Being alert before surgery. No an emergency condition before surgery. No history of mental illness. No history of using acupressure before surgery No history of drug or alcohol addiction. Not having physical problems (vision, hearing, mental) No previous history of nausea and vomiting after surgery No receive analgesic and anti-nausea medicine after surgery. Having an age range of 18 to 45 years Use of general anesthesia during surgery

Exclusion criteria:
The patient's unwillingness to continue cooperation in research Cancellation of the patient's cesarean section during the study or occurrence of any problem during the study (chest pain and shortness of breath) Using anti-nausea and vomiting drugs after surgery Spinal anesthesia History of liver disease

Age
From **18 years** old to **45 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **60**
Actual sample size reached: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Block randomization method consists of 4-part blocks. In each block, two person are in the control group and two in the intervention group. Before surgery and during sampling, the samples are matched in two groups of control and intervention in terms of age before thirty years, after thirty years and history of Cesarean section.

Blinding (investigator's opinion)
Single blinded

Blinding description
Before surgery, the control group receive an acupressure at an inaccurate point. The control group do not know about the point being ineffective.

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Fasa University of Medical Sciences

Street address
Valiasr Hospital, Ebn Sina Square

City
Fasa

Province
Fars

Postal code
8668874616

Approval date
2017-12-11, 1396/09/20

Ethics committee reference number
IR.FUMS.REC.1396.276

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F06.4

ICD-10 code description
Anxiety disorder due to known physiological condition

2

Description of health condition studied
Pain

ICD-10 code
G89.18

ICD-10 code description
Other acute postprocedural pain

3

Description of health condition studied
Nausea and vomiting

ICD-10 code
R11

ICD-10 code description
Nausea and vomiting

Primary outcomes

1

Description
Reduce anxiety

Timepoint
One hour before transfer to the operating room, and immediately after the intervention.

Method of measurement
Spielberger's Standard Spell Checker Questionnaire (measurement of anxiety will be low to high).

2

Description

Reduce pain

Timepoint

The first turn of the acupuncture is one hour after the surgery and the second intervention is also three hours after the first intervention.

Method of measurement

Visual Analogue Scale

3

Description

Reduce nausea and vomiting

Timepoint

The first turn of the acupuncture is one hour after the surgery and the second intervention is also three hours after the first intervention. The intervention period will be ten minutes at two st-36, li-4 points.

Method of measurement

A questionnaire for assessing nausea and vomiting is a Rhodes index.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Before surgery, they receive acupuncture in two points, Yintang and HE-7, at the same time for five minutes. After surgery, st-36 and li-4 acupuncture for ten minutes.

Category

Treatment - Other

2

Description

Control group: Before surgery, the control group receive acupuncture for five minutes at Ineffective point. After surgery, the control group will not receive acupuncture at any point.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Vali Asr hospital

Full name of responsible person

Faezeh Abadi

Street address

Valiasr Hospital, Ebn Sina Square

City

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Province

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7461686688

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faeze.abadi@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Fasa University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Fasa University of Medical Sciences

Full name of responsible person

Faezeh Abadi

Position

Academic instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Only the original outcome information can be released.

When the data will become available and for how long

Starting the access period from 1399

To whom data/document is available

Study data will be available to academic researchers.

Under which criteria data/document could be used

Only if the source of data usage is mentioned is allowed.

From where data/document is obtainable

Email us at: faeze.abadi@yahoo.com

What processes are involved for a request to access data/document

After sending the email to the address, the author tries to provide the applicant with the required information within a maximum period of one month if requested.

Comments