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 Yinteng 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 acupressure 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 acupressure 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 acupressure in two points, Yintang and HE-7, at the same time for five minutes. After surgery, st-36 and li-4 acupressure for ten minutes.
Category
Treatment - Other

2

Description
Control group: Before surgery, the control group receive acupressure for five minutes at Ineffective point. After surgery, the control group will not receive acupressure 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
Fasa
Province
Fars
Postal code
7461686688
Phone
+98 71 5335 0994
Email
faeze.abadi@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Fasa University of Medical Sciences
Full name of responsible person
Faezeh Abadi
Street address
Ebn Sina Square, Fasa University Of Medical Science
City
Fasa
Province
Fars
Postal code
7461686688
Phone
+98 71 5335 0994
Email
faeze.abadi@yahoo.com
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

Street address
Ebn Sina Square, Fasa University Of Medical Science
City
Fasa
Province
Fars
Postal code
7461686688
Phone
+98 71 5335 0994
Email
faeze.abadi@yahoo.com

Person responsible for scientific 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
Street address
Ebn Sina Square, Fasa University Of Medical Science
City
Fasa
Province
Fars
Postal code
3345688976
Phone
+98 913 669 4977
Email
faeze.abadi@yahoo.com

Person responsible for updating data

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
Street address
Ebn Sina Square, Fasa University Of Medical Science
City
Fasa
Province
Fars
Postal code
3345688976
Phone
+98 71 5335 0994
Email
faeze.abadi@yahoo.com

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