

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effects of electro-acupuncture in postmenopausal women with hot flashes

Protocol summary

Summary

The present study aimed to evaluate the effects of electro-acupuncture on hot flashes in postmenopausal women. In this randomized, placebo-controlled trial, 41 postmenopausal women with hot flashes were randomly assigned into intervention or control groups. In the intervention group, the electro-acupuncture was carried out while in the control group needles taped to the skin in the same acupoints without any electricity. The treatment period was 10 weeks then patients were followed for 3 months after the last session. The rate of hot flashes was recorded daily during 10 weeks treatment and 3 months follow-up periods. The severity of hot flashes was measured by VAS at the end of weeks 2, 6, and 10 after initiation of treatment and at the end of follow up period. Serum levels Follicle Stimulating Hormone (FSH) and Estradiol (E2) were measured at the end of 10 weeks treatment and 3 months follow-up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902222891N1**

Registration date: **2010-05-12, 1389/02/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-05-12, 1389/02/22

Registrant information

Name

Afsar Foroud

Name of organization / entity

Islamic Azad University- Branch of Kerman

Country

Iran (Islamic Republic of)

Phone

+98 34 1244 5335

Email address

foroud@iauk.ac.ir

Recruitment status

Recruitment complete

Funding source

Rasearch Center of Islamic Azad University of Kerman

Expected recruitment start date

2005-03-05, 1383/12/15

Expected recruitment end date

2006-02-04, 1384/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of electro-acupuncture in postmenopausal women with hot flashes

Public title

Acupuncture and Hot flashes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Average of 5 hot flashes per day, average severity of hot flashes of 3 or more on the VAS in two weeks before treatment, having a natural menopause of at least 6 months without medical or surgical interferences, healthy post-menopause women, age 49-62 years, not having previous experience of acupuncture, E2 <25 pg/ml, FSH>30 mlu/ml Exclusion criteria: Severe cardiovascular, metabolic, thromboembolic, endocrine, thyroid, or malignant diseases, uncontrolled hypertension, using hormone or medications interfering with vasomotor symptoms in 4

weeks prior to the study

Age
From **49 years** old to **62 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **41**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kerman Islamic Azad University

Street address

First Kilometer of Jopar Road, Kerman-

City

Kerman

Postal code

7618644941

Approval date

2010-02-14, 1388/11/25

Ethics committee reference number

28702

Health conditions studied

1

Description of health condition studied

Hot flashes in postmenopause women

ICD-10 code

N95.1

ICD-10 code description

Menopausal and female climacteric states

Primary outcomes

1

Description

Number of hot flashes

Timepoint

Two weeks before treatment, daily during 10 weeks treatment, weekly during 3 months after the last treatment

Method of measurement

a self-report hot flash diary

2

Description

hormon levels of E2 and FSH

Timepoint

Baseline, at the end of 10 weeks treatment and 3 months after the last treatment.

Method of measurement

laboratory kits

3

Description

Severity hot flashes

Timepoint

baseline, weeks 2, 6, and 10 and 3 months after the end of therapy

Method of measurement

Visual Analogue Scale (VAS)

Secondary outcomes

empty

Intervention groups

1

Description

Needles taped to the skin in the same acupoint without any electricity

Category

Treatment - Other

2

Description

The electro-acupuncture was carried out in the menopause acupoint

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Gynecological Clinics of Kerman

Full name of responsible person

Masoumeh Nakhei

Street address

Kashani Hospital, Abohamed Street

City

Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman Islamic Azad University

Full name of responsible person

Dr. Kazemipour

Street address

First Kilometers of Jopar Road, Islamic Azad University

City

Kerman

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Kerman Islamic Azad 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**

Kerman Islamic Azad University

Full name of responsible person

Afsar Foroud

Position

Lecturer 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