

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The effect of acupressure on pain intensity and perception and physiological indicators of male addicts in addiction camp

Protocol summary

Study aim

Determine the effect of acupressure on the severity and perception of pain and physiological indices of male addicts in a drug addiction camps

Design

This study is a single-blind randomized clinical trial using randomized permutation blocks (Block 6) (using a random permutation table).

Settings and conduct

Intervention for 3 consecutive days and 3 times for 10 minutes each leg of each leg (5 minutes per foot) at the ST36 and SP6 points simultaneously with thumb press (a total daily dose of 30 minutes for each patient in drug addiction camps in Masjed-Soleyman). Touch simultaneously in the intervention group and direct and deep pressure on these points for 5 minutes of pressure for each point.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Men aged 18 to 45 Written and informed consent to participate in the study Lack of liver disease (ascites, hepatitis A, B, C, D) Having drug addiction (heroin, opium, ...) Not having experience with acupressure. Lack of neuropathy Non-inclusion criteria: skin disease, scarring and lack of inflammation, severe swelling and the presence of fracture in the ankle to the knee.

Intervention groups

In the intervention group, the symmetric and simultaneous touch and the direct and deep pressure on these points will be for 5 minutes of pressure for each point. In the control group, at the same time, at the points adjoining the two points, the simple touch is simple.

Main outcome variables

pain and physiological indices each day before and after the intervention in the control and intervention group

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170117032023N2**

Registration date: **2018-09-03, 1397/06/12**

Registration timing: **prospective**

Last update: **2019-03-29, 1398/01/09**

Update count: **2**

Registration date

2018-09-03, 1397/06/12

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4323 0999

Email address

madmoli.y@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-11, 1397/06/20

Expected recruitment end date

2019-01-21, 1397/11/01

Actual recruitment start date

2018-09-11, 1397/06/20

Actual recruitment end date

2019-01-21, 1397/11/01

Trial completion date

2019-01-21, 1397/11/01

Scientific title

The effect of acupressure on pain intensity and

perception and physiological indicators of male addicts in addiction camp

Public title

The effect of acupressure on pain and physiological indicators of male addicts

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Men aged 18 to 45
Written and informed consent to participate in the study
Lack of liver disease (ascites, hepatitis A, B, C, D)
Having drug addiction (heroin, opium, ...) Not having experience with acupressure. Lack of neuropathy

Exclusion criteria:

Skin disease
Scarring and inflammation
Severe swelling of the foot
Fracture in the ankle to the knee

Age

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

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **90**

Actual sample size reached: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

The method of assigning intervention to individuals is randomized and random blocked blocks with block size 6 (using a random permutation table). The randomization list was prepared by a statistic specialist. The intervention used in this study according to a randomized list was assigned by an outside person who was not aware of the research objectives and was assigned to different diseases in the closed envelope, depending on the type of disease involved.

Blinding (investigator's opinion)

Single blinded

Blinding description

On the one hand, blindness means that only samples are unaware of being placed in the intervention or control group.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ahvaz Jundishapur University of Medical Sciences

Street address

Golestan Blvd.

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Approval date

2018-07-13, 1397/04/22

Ethics committee reference number

IR.AJUMS.REC.1397.455

Health conditions studied

1

Description of health condition studied

Addiction

ICD-10 code

Z63.72

ICD-10 code description

Alcoholism and drug addiction in family

Primary outcomes

1

Description

pain

Timepoint

Every day before and after intervention

Method of measurement

McGill Pain Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Touch simultaneously in the intervention group and direct and deep pressure on these points for 5 minutes of pressure for each point.

Category

Rehabilitation

2

Description

Control group: In the control group, at the same time, at the points adjoining the two points, the simple touch is simple.

Category
Rehabilitation

Type of organization providing the funding
Academic

Recruitment centers

1

Recruitment center

Name of recruitment center
Addiction treatment camps in Masjed Soleyman
Full name of responsible person
Farshad Siamakani
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Tembi
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64918-53950
Phone
+98 61 3336 7543
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farshadsia10@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Mohammad Badavi
Street address
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info@ajums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz 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

Person responsible for general inquiries

Contact

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Dariush rokhafoz
Position
Associate professor
Latest degree
Ph.D.
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Person responsible for updating data

Contact

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person

Yaghoob Madmoli

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Number 8

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Not applicable

Informed Consent Form

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

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable