Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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

Recruitment centers

1

Recruitment center
Name of recruitment center
Addiction treatment camps in Masjed Soleyman
Full name of responsible person
Farshad Siamakani
Street address
Tembi
City
Masjed Soleyman
Province
Khouzestan
Postal code
64918-53950
Phone
+98 61 3336 7543
Email
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
Golestan Blvd.
City
Ahvaz
Province
Khouzestan
Postal code
15794-61357
Phone
+98 61 3336 7543
Email
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
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Dariush rokhafroz
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Medical Education
Street address
Golestan Blvd.
City
Ahvaz
Province
Khouzestan
Postal code
15794-61357
Phone
+98 61 3336 7543
Email
rokhafroz@ajums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Dariush rokhafroz
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Medical Education
Street address
Golestan Blvd.
City
Ahvaz
Province
Khouzestan
Postal code
15794-61357
Phone
+98 61 3336 7543
Email
rokhafroz@ajums.ac.ir

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

Street address
Number 8

City
Masjed Soleyman

Province
Khouzestan

Postal code
15794-61357

Phone
+98 61 3336 7543

Email
ymadmoli@gmail.com

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