

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

12 Jul 2026

### Comparison of the Effect of Acupressure in P6 and LI-4 Pressure Points on Soldiers' Anxiety during Military Service Training

#### Protocol summary

##### Study aim

Determination of Acupressure Effect in P6 and LI-4 Pressure Points on Soldiers' Anxiety during Military Service Training

##### Design

In this clinical trial, 120 educational service soldier are randomly selected. Participants randomly divided by Random Digits Table into two groups of intervention and a control group with parallel and double-blinded groups.

##### Settings and conduct

The present study is a randomized, double-blinded randomized clinical trial. This study is carried out at the Shahid Babaee Basin in Isfahan on training soldiers. The person in the control group will not be aware of the ineffectiveness of the acupressure point. In addition, the statistical analyzer will also be unaware of how the groups are. Acupressure points used in the study include two P6 and LI4 points.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Samples complete written informed consent; Samples serve as a military training course; Participants have the ability to read and write; Samples do not use anti-anxiety and sedative medications; Samples Have not use acupressure; Samples do not have anatomical and dermatological deformities at their related pressure points; Anxiety score of over 40 before the intervention is obtained by samples. Exclusion criteria: Samples do not have tend to continue to participate in the study for any reason; Samples Exit from the military service during the investigation

##### Intervention groups

The groups in this study are divided into three groups of 40 people. The intervention group receives acupressure at the P6 and LI4 pressure points. In the control group, there is also a pressure on the thumb, which is not pressure points.

##### Main outcome variables

In this study, soldiers' anxiety is measured before and after intervention.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20150715023216N4**

Registration date: **2018-09-11, 1397/06/20**

Registration timing: **prospective**

Last update: **2018-09-11, 1397/06/20**

Update count: **0**

##### Registration date

2018-09-11, 1397/06/20

##### Registrant information

##### Name

Said Amini Rarani

##### Name of organization / entity

Isfahan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3522 6158

##### Email address

ghadami@mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-11-22, 1397/09/01

##### Expected recruitment end date

2019-01-21, 1397/11/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

Comparison of the Effect of Acupressure in P6 and LI-4 Pressure Points on Soldiers' Anxiety during Military Service Training

## Public title

Effect of Acupressure on Anxiety

## Purpose

Prevention

## Inclusion/Exclusion criteria

### Inclusion criteria:

Samples complete written informed consent. Samples serve as a military training course. Participants have the ability to read and write. Samples do not use anti-anxiety and sedative medications. Samples Have not use acupressure. Samples do not have anatomical and dermatological deformities at their related pressure points. Anxiety score of over 40 before the intervention is obtained by samples.

### Exclusion criteria:

Samples do not have tend to continue to participate in the study for any reason. Samples Exit from the military service during the investigation.

## Age

No age limit

## Gender

Male

## Phase

N/A

## Groups that have been masked

- Participant
- Data analyser

## Sample size

Target sample size: **120**

## Randomization (investigator's opinion)

Randomized

## Randomization description

In this research, random sampling will be done and randomly selected individuals who have been admitted to the study, so that among all the people who have the criteria for entering the study according to the Random Digits Table is selected based on the sample size specified.

## Blinding (investigator's opinion)

Double blinded

## Blinding description

The control group receives acupressure at an ineffective point. The control group will not be aware of the point being ineffective.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Aja University of Medical Sciences

##### Street address

Aja University of Medical Sciences, Etemadzadeh Ave., Fatemi St., Tehran, Iran

##### City

Tehran

##### Province

Tehran

##### Postal code

1411718541

##### Approval date

2018-07-29, 1397/05/07

##### Ethics committee reference number

IR.AJAUMS.REC.1397.020

## 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

## Primary outcomes

### 1

#### Description

Anxiety Scale in the Spielberger Questionnaire

#### Timepoint

Measure the anxiety level before the intervention and 30 minutes after the last intervention

#### Method of measurement

Spielberger Anxiety Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: The pressure point P6, which is three fingers above the wrist between radius and ulnar, will be subjected to acupressure by the researcher three times. Each time the intervention takes 10 minutes and each intervention will take about 30 minutes to complete.

#### Category

Treatment - Other

## 2

### Description

Intervention group: In the LI-4 group, which is between the first and second metacarpal bones, will be subjected to acupressure by the researcher three times. Each time the intervention takes 10 minutes, each intervention will take about 30 minutes to complete.

### Category

Treatment - Other

## 3

### Description

Control group: In the control group, the pressure is applied to the thumb, which is not pressure point.

### Category

Placebo

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

Shahid Babaee Air Base in Isfahan

#### Full name of responsible person

Ali Norouzi

#### Street address

Shahid Chamran Highway., Shahid Babaee Airfield

#### City

Isfahan

#### Province

Isfahan

#### Postal code

3342676857

#### Phone

+98 31 3577 4343

#### Email

AMINIX11@GMAIL.COM

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Artesh University of Medical Sciences

#### Full name of responsible person

Armin Zareian

#### Street address

Aja University of Medical Sciences, Etemadzadeh Ave., Fatemi St., Tehran, Iran

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#### Province

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#### Postal code

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#### Phone

+98 21 4382 2959

#### Email

info@ajaums.ac.ir

### Grant name

### Grant code / Reference number

### Is the source of funding the same sponsor organization/entity?

Yes

### Title of funding source

Artesh 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

Artesh University of Medical Sciences

#### Full name of responsible person

Saeid Amini Rarani

#### Position

Master Science of Nursing

#### Latest degree

Master

#### Other areas of specialty/work

Nursery

#### Street address

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## Person responsible for scientific inquiries

### Contact

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#### Full name of responsible person

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#### Position

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#### Latest degree

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is 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**

individual participant data collected for the primary and secondary outcome measure

**When the data will become available and for how long**

After publication for one year

**To whom data/document is available**

for all people who request for data

**Under which criteria data/document could be used**

all types of analysis all allowed. But, use of data for publication is not allowed.

**From where data/document is obtainable**

corresponding author of article

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

after request to corresponding author, data will send within one week.

**Comments**

## Person responsible for updating data

**Contact**

**Name of organization / entity**

Artesh University of Medical Sciences

**Full name of responsible person**

Saeid Amini Rarani

**Position**

Master Science of Nursing

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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