Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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
Isfehan
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
City
Tehran
Province
Tehran
Postal code
1411718541
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
Aja University of Medical Sciences., Etemadzadeh Ave., Fatemi St., Tehran., Iran
City
Tehran
Province
Tehran
Postal code
1411718541
Phone
+98 218802835055
Email
aminix11@gmail.com

Person responsible for scientific 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

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

City

Tehran

Province

Tehran

Postal code

8159314853

Phone

+98 31 3522 6158

Fax

Email

Aminix11@gmail.com

Web page address

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

Street address

NO. 127, 22Bahman alley., Raran st., Khorasgan city., Isfahan., Iran

City

Isfahan

Province

Isfehan

Postal code

8159314853

Phone

+98 31 3522 0258

Fax

Email

Aminix11@gmail.com

Web page address

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