

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

The effects of acupressure on anxiety and vital signs of the patients before the abdominal surgeries

Protocol summary

Summary

The purpose of this study was to examine the effects of acupressure (acupuncture without needle) on anxiety and vital signs of patients before the abdominal surgery. This was a single blind quasi-experimental controlled trial in 70 patients who were candidates for abdominal surgeries and didn't have any sight disorder, history of mental disorder, use of acupressure record, addiction. The patients were randomly allocated to acupressure group (n=35) receiving acupressure at the correct points or placebo group (n=35) receiving acupressure at sham points. Anxiety and vital signs (pulse rate, respiratory rate, and diastole and systole blood pressure) were measured before and immediately after intervention and 30 minutes after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138811203311N1**

Registration date: **2010-05-26, 1389/03/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-05-26, 1389/03/05

Registrant information

Name

Sina Valiee

Name of organization / entity

Kurdistan university of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 87 1226 7525

Email address

valiee@muk.ac.ir

Recruitment status

Recruitment complete

Funding source

School of Nursing and Midwifery, Tehran University of Medical Sciences

Expected recruitment start date

2006-08-23, 1385/06/01

Expected recruitment end date

2007-03-21, 1386/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of acupressure on anxiety and vital signs of the patients before the abdominal surgeries

Public title

The effects of acupressure on anxiety and vital signs of the patients before the abdominal surgeries

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: not having any special problems in the spot of receiving acupressure, not having any sight disorder that can prevent choosing the proper spot in the standard of anxiety examination, not receiving tranquilizers, painkillers, or drugs effective on anxiety such as Inderal for more than one month. Exclusion criteria: having pain, epilepsy, or mental disorder, history of using acupressure, presence of thyroid diseases, addiction to drugs, pregnancy, previous surgery due to malignancy

Age

From **20 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

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

School of Nursing and Midwifery of Thehran University of Medical Science

Street address

School of Nursing & Midwifery, Tehran University of Medical Sciences, Tohid Sq., Tehran, Iran

City

Tehran

Postal code

Approval date

empty

Ethics committee reference number

250/1466

Health conditions studied

1

Description of health condition studied

Generalized anxiety disorder

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

Preoperative anxiety

Timepoint

before, immediately after (10 min) and 30 min after intervention

Method of measurement

Visual analog scale (0-10) for anxiety

2

Description

vital sign

Timepoint

before, immediately after (10 min) and 30 min after the intervention

Method of measurement

A mercury manometer to measure the blood pressure, clock for Heart and respiratory rate

Secondary outcomes

empty

Intervention groups

1

Description

Third eye point was pressured for 10 minutes using the thumb in a rotating manner with an average of 20-25 cycles per minute in acupuncture group.

Category

Prevention

2

Description

In the placebo group the left eyebrow was pressured using the thumbs in a rotating manner for ten minutes with an average of 20-25 cycles per minute.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Surgery Wards of Hospital of Tehran University of Medical Science

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

School of Nursing and Midwifery

Full name of responsible person

Sina Valiee

Street address

School of Nursing and Midwifery, Tehran University of Medical Sciences, Tohid Sq., Tehran, Iran

City

Tehran

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

Yes

Title of funding source

School of Nursing and Midwifery

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**

Kurdistan University of Medical Science

Full name of responsible person

Sina Valiee

Position

MSc in Nursing Education, Ph.D student, Faculty member of Nursing and Midwifery College, Kurdistan U

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

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Full name of responsible person

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Position

Faculty member

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Web page address**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