Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Compare the effect of acupressure and aromatherapy on pain of knee in patients with multiple sclerosis (MS) referred to specific diseases center of Rafsanjan city in 2017

Protocol summary

Study aim

Comparison of the mean scores of pain in patients with multiple sclerosis in the aromatherapy group and acupressure group after intervention

Design

The study population consisted of patients with multiple sclerosis referred to Rafsanjan Special Disease Center. The sample size was estimated to be 30 individuals. Data collection tools included demographic information questionnaire , self-report form of pain characteristics. Samples were randomly divided into two groups, including aromatherapy and acupuncture. In the first group, lavender extract was administered 2% to the patients by fumigation machine. In the second group, acupressure was given to this group of necessary training and interventions

Settings and conduct

The study was performed at the Rafsanjan Special Disease Center. Samples were randomly assigned to acupuncture and aromatherapy. In the first group, 2% lavender extract was administered to patients by fumigation device. In the second group, acupressure group received necessary training and interventions. Visual Analogue Scale checklist was used before and after the intervention.

Participants/Inclusion and exclusion criteria

The criteria for entering the study include: 1- Having no swelling and numbness at the Hugo point 2. Having periodic examination records at the Rafsanjan Special Medical Center 3. Not having a history of using acupressure for any purpose Exclusion criteria: 1. Reduced level of consciousness 2. The patient's unwillingness to continue cooperation .

Intervention groups

Interventions were performed in two groups of acupressure and aromatherapy. Samples were assigned to two acupressure and aromatherapy groups by random sampling. In the first group, lavender extract of 2% was administered to the patients by inhalation apparatus. In the second group, acupressure was given to this group of training and interventions

Main outcome variables

knee pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181029041497N1**
Registration date: **2019-09-28, 1398/07/06**
Registration timing: **retrospective**

Last update: **2019-09-28, 1398/07/06**
Update count: **0**

Registration date

2019-09-28, 1398/07/06

Registrant information

Name

Hossein Baghari nasab

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3429 1350

Email address

hosseinbaghari64@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-09-06, 1396/06/15

Expected recruitment end date

2018-03-02, 1396/12/11

Actual recruitment start date

2017-09-27, 1396/07/05

Actual recruitment end date

2018-03-04, 1396/12/13

Trial completion date

2018-12-17, 1397/09/26

Scientific title

Compare the effect of acupressure and aromatherapy on pain of knee in patients with multiple sclerosis (MS) referred to specific diseases center of Rafsanjan city in 2017

Public title

Compare the effect of acupressure and aromatherapy on pain of knee in patients with multiple sclerosis (MS)

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Not having the experience of using complementary medicine for any purpose Having informed consent to participate in the study Having a minimum score of 1 pain based on the scale of pain measurement The lack of drug addiction No injection of housing within 30 days before intervention Having periodic examination records at the Rafsanjan Special Medical Center Lack of olfactory disorder Not having swollen and numbness at Hugo's point Age range from 15 to 40 years

Exclusion criteria:

Changes in health status so that the patient can not continue to research Loss of consciousness Unwillingness to continue cooperation

Age

From **15 years** old to **40 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **35**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Since 30 patients were identified at Rafsanjan Special Disease Center, the samples were divided into two groups according to age and sex in two groups: acupuncture and aromatherapy.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee on Biomedical Research in Rafsanjan University of Medical Sciences

Street address

, No12 ,Kojeh No. 3 , Street hojat

City

rafsanjan

Province

Kerman

Postal code

7717795931

Approval date

2017-10-09, 1396/07/17

Ethics committee reference number

IR.RUMS.REC.1396.144

Health conditions studied

1

Description of health condition studied

Multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

Primary outcomes

1

Description

Measuring the amount of pain in the knee

Timepoint

Knee pain was measured three times before the intervention, immediately after intervention and one week after the intervention.

Method of measurement

Visual Analogue Scale

Secondary outcomes

1

Description

knee pain

Timepoint

Before intervention, after intervention and one week after intervention

Method of measurement

Pain measurement scale (vas)

Intervention groups

1

Description
Intervention group 1: Acupressure was performed in Hegu area for one minute and three consecutive nights before bedtime by a pre-trained patient.
Category
Treatment - Other

2

Description
Intervention group 2: 2 ml aromatherapy extract of aromatherapy extract, by night-time incubation until dawn, for 3 consecutive nights, pure lavender extract of Stoechas essential oil of Kashan Baridj Co. It was prepared.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Special Diseases Center of Rafsanjan
Full name of responsible person
Gollamhossein Abdeyazdan
Street address
No12. ,, Alley No. 3, Street hojat
City
rafsanjan
Province
Kerman
Postal code
7717795931
Phone
+98 34 3435 1136
Email
hosseinbaghari64@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Rafsanjan University of Medical Sciences
Full name of responsible person
Ali Shamsizadeh
Street address
No12 , Alley No. 3, Street Hojat
City
Rafsanjan
Province
Kerman
Postal code
7717795931
Phone
+98 34 3428 0086
Email
Hosseinbaghari64@Gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Rafsanjan University of Medical Sciences
Proportion provided by this source
10
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
Islamic Azad University
Full name of responsible person
Gollamhossein Abdeyazdan
Position
MSc in medical_surgical nursing
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Community Health Research Center, Islamic Azad University, Isfahan Branch (Khorasgan), Isfahan, Iran
City
Isfahan
Province
Isfehan
Postal code
7717795931
Phone
+98 31 3535 4059
Email
Gabdeyazdan@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Gollamhossein Abdeyazdan
Position
2- MSc in medical_surgical nursing
Latest degree
Master
Other areas of specialty/work

Nursery

Street address
Street j

City
Isfahan

Province
Kerman

Postal code
7717795931

Phone
+98 31 3535 4059

Email
Gabdeyazdan@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Gollamhossein Abdeyazdan

Position
Community Health Research Center, Islamic Azad University, Isfahan Branch (Khorasgan), Isfahan, Iran

Latest degree
Master

Other areas of specialty/work
Nursery

Street address
Community Health Research Center, Islamic Azad University, Isfahan Branch (Khorasgan), Isfahan, Iran

City
Isfahan

Province
Kerman

Postal code
7717795931

Phone
+98 31 3535 4059

Email
Gabdeyazdan@Yahoo.com

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
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Sample data such as pain assessment score and demographic information form have been recorded

When the data will become available and for how long
Get started since 1397

To whom data/document is available
Researchers at Rafsanjan University of Medical Sciences

Under which criteria data/document could be used
The use of data is subject to authorization from the research department of Rafsanjan University of Medical Sciences

From where data/document is obtainable
Researchers Phone Number

What processes are involved for a request to access data/document
After obtaining a license from Lazmazsoo Vice-Chancellor for Research in Rafsanjan University of Medical Sciences and contacting researchers, this study provides enough information.

Comments