

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

Study of the effect of acupressure point massage in improving balance of elderly women

Protocol summary

Study aim

Determination of the effect of acupressure on elderly balance

Design

74 elderly women after acquiring informed consent, in available sampling method with randomized allocate intervention, will divided in two intervention and control groups (each comprising 37). Acupressure will be used to improve the static and dynamic balance in the intervention group. To determine the effect of acupressure on elderly balance, the static and dynamic balance test before intervention, two weeks and four weeks after intervention will measure.

Settings and conduct

This study will be conducted in the daycare centers in Qazvin. After referring to these centers, the researcher will select 74 subjects from the qualified elderly women and then they will be allocated randomly into the intervention and control groups. The intervention group will receive the massage of acupressure points three times per week for four weeks. Static and dynamic balance of the two groups will be measured before and after the intervention.

Participants/Inclusion and exclusion criteria

inclusion criteria: Age over 60 years old, Interested in participating in the study Not having cognitive problems in the implementation of a simple command, The ability to communicate verbally exclusion criteria: Neuro muscular disorders ,Neurological disorders ,Neurological and environmental defects, Having diabetes with neurological complications, Balanced and stretching exercises over the past 6months, Get regular medications that interfere with balance control for example: antidepressants, benzodiazepines, anti psychotics, Severe eyesight, Severe hearing loss

Intervention groups

Intervention group includes elderly women which receive acupressure point massage intervention. control group includes elderly women which receive routine daily care.

Main outcome variables

static and dynamic balance of elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181110041606N1**

Registration date: **2018-12-27, 1397/10/06**

Registration timing: **retrospective**

Last update: **2018-12-27, 1397/10/06**

Update count: **0**

Registration date

2018-12-27, 1397/10/06

Registrant information

Name

Zeinab Zajkani

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 28 3369 6563

Email address

z.zajkani@qums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-04, 1397/01/15

Expected recruitment end date

2019-04-04, 1398/01/15

Actual recruitment start date

2018-04-04, 1397/01/15

Actual recruitment end date

2018-10-07, 1397/07/15

Trial completion date

2018-10-07, 1397/07/15

Scientific title

Study of the effect of acupressure point massage in improving balance of elderly women

Public title

the effect of acupressure on elderly balance

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Age over 60 years old Interested in participating in the study Not having cognitive problems in the implementation of a simple command The ability to communicate verbally

Exclusion criteria:

Neuro muscular disorders ,Neurological disorders ,Neurological and environmental defects Having diabetes with neurological complications Balanced and stretching exercises over the past 6months Get regular medications that interfere with balance control for example:antidepressants,benzodiazepines,anti psychotics Severe eyesight Severe hearing loss

AgeFrom **60 years** old to **80 years** old**Gender**

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **74**Actual sample size reached: **74**

More than 1 sample in each individual

Actual sample size in each individual: **0**

Samples were divided into intervention and control groups

Randomization (investigator's opinion)

Randomized

Randomization description

For random assignment using a randomized block design. At first, the size of the 4 blocks was considered, according to the number of samples, 19 blocks were selected based on the table of random numbers and Individuals were assigned to intervention and control groups based on the status of the blocks.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Gazvin University of Medical Sciences

Street address

Gazvin University of Medical Sciences, Bahonar Blvd.

City

Gazvin

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Qazvin

Postal code

34197-59811

Approval date

2017-10-25, 1396/08/03

Ethics committee reference number

IR.QUMS.REC.1396.301

Health conditions studied**1****Description of health condition studied****ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Dynamic and Static Balance

Timepoint

Before intervention and two weeks and four weeks after intervention

Method of measurement

1-TUG test 2-Step test 3-Tandem test 4-Stand on one leg test

Secondary outcomes**1****Description****Timepoint****Method of measurement****Intervention groups****1****Description**

Intervention group: In the intervention groups, 3 times weekly for 4 weeks the specified pressure points will given message. Massage will done routinely with a thumb finger (Liv3, UB6, SP9, GB34, UB17, GB30, GB21, GB20) and elbow (UB11-UB25) mildly about persons tolerance will done.

(Liv3,UB6,SP9,GB34,UB17,GB30,GB20) points about 1 minute and (UB11-UB25,GB21) points about 2 minutes will given Massage. message for all the points will be take twenty minutes.

Category

N/A

2

Description

Control group: Control groups will receive usual daily routine nursing care center without any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Center for elderly Daily Hoor

Full name of responsible person

Fatemeh Ranjkesh

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Qazvin university of medical sciences, Bahonar Blvd.,
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Recruitment center

Name of recruitment center

Center for elderly Daily Mehrepooya

Full name of responsible person

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Recruitment center

Name of recruitment center

Center for elderly Daily Aram

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Dr. Amir Peymani

Street address

Vice Chancellor for Research and Technology Shahid
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Email

research.dpt@qums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qazvin 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

Qazvin University of Medical Sciences

Full name of responsible person

Fatemeh Ranjkesh

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

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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

Yes - There is a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

All the data have code to identify.

When the data will become available and for how long

In 2019

To whom data/document is available

Qazvin University of Medical Sciences

Under which criteria data/document could be used

By confirmation of Qazvin University of Medical Sciences

From where data/document is obtainable

Qazvin University of Medical Sciences

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

Refer to Qazvin University of Medical Sciences or sending email to franjkesh@qums.ac.ir

Comments