

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The comparison of the effectiveness of acupressure at the sanyinjiao point (sp6) and Ibuprofen on primary dysmenorrhea (spasmodic, congestive)

Protocol summary

Summary

The aim of this randomized controlled trial is to compare the effectiveness of acupressure at the sanyinjiao point (sp6) and Ibuprofen on primary dysmenorrhea (spasmodic, congestive). It will be conducted on 72 single female students of 18-22 years old with medium to severe primary dysmenorrhea (two 18-person groups with spasmodic dysmenorrhea and two 18-person groups with congestive dysmenorrhea). Initial questionnaire includes demographic characteristics, history of menstrual, gynecological diseases, general health, psychiatric disorders and 10-cm visual analogue scale for pain severity. Subjects will complete menstrual symptom questionnaire (MSQ) to distinguish type of primary dysmenorrhea. In the acupressure groups, an expert will instruct participants how to use the technique and the ibuprofen groups will be explained about the consumption manner. The subjects will be asked to complete the SSS questionnaire and the length of daily rest from two days before to two days after menstruation for three continuous menstrual cycles (once before and twice after intervention).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138901253706N1**
Registration date: **2010-09-21, 1389/06/30**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2010-09-21, 1389/06/30

Registrant information

Name

Sakineh Mohammad-Alizadeh-Charandabi

Name of organization / entity

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Iran (Islamic Republic of)

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alizades@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2010-09-23, 1389/07/01

Expected recruitment end date

2010-10-23, 1389/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effectiveness of acupressure at the sanyinjiao point (sp6) and Ibuprofen on primary dysmenorrhea (spasmodic, congestive)

Public title

The comparison of the effectiveness of acupressure and Ibuprofen on primary dysmenorrheal

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Single, age 18-22, Having regular menstrual cycle (menstruation length 3-8 days and length of menstrual cycle 21-35 days) and suffering from

dysmenorrhea in previous two years, pain score more than 5 according to visual analogue scale (medium to severe dysmenorrhea), lack of known pelvic disease and known physical and mental diseases, Non consumption of oral contraceptive pills, Lack of pain throughout menstrual cycle or throughout menstrual bleeding, Lack of allergy to NSAIDs, lack of ulcer and inflammatory or skin disease around sp6 point. Exclusion Criteria: Occurrence of Pelvic disease, pelvic and abdomen operations, high emotional stress (parents' divorce, relative death, etc).

Age

From **18 years** old to **22 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

To prevent contamination (teaching the technique by subjects in the accupressure groups to the other subjects), cluster random allocation will be used. If the number of the eligible persons in any group is more than 18, simple randomization will be used to select the subjects.

Secondary Ids

empty

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

Tabriz University of Medical Sciences - Research deputy

Street address

Golgasht street

City

Tabriz

Postal code

11851665

Approval date

2010-08-10, 1389/05/19

Ethics committee reference number

8917

Health conditions studied**1****Description of health condition studied**

Primary dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhoea

Primary outcomes**1****Description**

symptom severity

Timepoint

for three months; first tow days of menstrual cycle in spasmodic dysmenorrhea, two days before menstrual bleeding in congestive dysmenorrhea

Method of measurement

Symptom Severity Scale (SSS)

Secondary outcomes**1****Description**

rest lenght

Timepoint

for three months; first tow days of menstrual cycle in spasmodic dysmenorrhea, two days before menstrual bleeding in congestivedysmenorrhea

Method of measurement

reported rest lenght (hour) by participant

Intervention groups**1****Description**

Intervention group: An expert in acupressure will instruct method of pressure to the participants and will ask them to use this method during dysmenorrhea. Every paricipant should press sp6 point by her thumb for 5 minutes (periods of 6 seconds pressure and 2 seconds rest), until the participant will feel heaviness and numbness around sp6 point. After every 5 minutes the leg will be changed and this procedure will be done on the other leg for 20 minutes (every leg will be pressed two periods of 5 minutes).

Category

Other

2**Description**

Control group: Ibuprofen Tabs (400 mg) every 6 hours if needed.

Category

Recruitment centers

1

Recruitment center

Name of recruitment center

Dormitories of Tabriz University of Medical Sciences & Tabriz University

Full name of responsible person

Sakineh Mohammad-Alizadeh

Street address

Nursing & Midwifery faculty

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Mahmood Nazar Pour

Street address

Next to Tourism Hotel, Jolfa

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Jolfa

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz University of Medical Sciences

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

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Full name of responsible person

Maryam Shabani Nashtaei

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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*