

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

The effect of Acupressure on quality of life in elderly

Protocol summary

Study aim

Determine the effect of acupressure on elderly quality of life

Design

The present study is a randomized clinical trial with two groups of parallel (interventional and control) blinded patients. 60 elderly people with inclusion criteria will be entered into the study with written consent, and after completing the checklist for demographic information and quality of life assessment, the samples will be divided into two groups of intervention and control using a randomized block.

Settings and conduct

For the intervention group, 12 sessions of specified pressure points, rotational massage with gentle pressure will be started taking 20 minutes to massage or pressure points, depending on the type of massage. For control group without intervention, the Lipid Quality of Life Questionnaire will be measured before and 4 weeks after the intervention. At the end of the study, two sessions of acupressure will be held for the control group and will be explained about the use of this method to improve and improve the quality of life of the elderly.

Participants/Inclusion and exclusion criteria

Entry requirements: 1. Age 60 and older 2. Not having cognitive problems using AMT questionnaire and earning score 7 and above 3. The ability to communicate verbally 4. Absence of deformity and dermatological disease in acupressure points Exit terms: 1. Use of psychiatric drugs 2. Unwilling to participate in the study

Intervention groups

Acupressure will be performed in the intervention group and the control group will receive routine care only.

Main outcome variables

Improving the quality of life, physical dimensions, self-care, depression and anxiety, social, cognitive, life satisfaction, sexual issues

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190430043436N1**

Registration date: **2019-06-09, 1398/03/19**

Registration timing: **prospective**

Last update: **2019-06-09, 1398/03/19**

Update count: **0**

Registration date

2019-06-09, 1398/03/19

Registrant information

Name

Hosein Jahani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3378 0264

Email address

ho3ejahani72@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-06, 1398/04/15

Expected recruitment end date

2019-09-06, 1398/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Acupressure on quality of life in elderly

Public title

The effect of Acupressure on quality of life in elderly

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Age 60 and older Having no cognitive problems using the AMT questionnaire and earning score 7 and above The ability to communicate verbally

Exclusion criteria:

Deformity and skin problem at acupressure points

Age

From **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

For random assignment, considering that we have acupressure massage techniques, we will use the 4th block. For the 4th block, there are six different modes. So, by selecting 15 blocks of possible blocks, we will reach the equality of the two groups. With the assumption that the individuals in the a group intervention and the individuals in group b are the control group.

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 Qazvin University of Medical Sciences

Street address

Bahonar St., Qazvin University of Medical Sciences

City

qazvin

Province

Qazvin

Postal code

3471934654

Approval date

2019-02-17, 1397/11/28

Ethics committee reference number

IR.QUMS.REC.1397.331

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

Quality of Life

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Quality of life, physical dimensions, self-care, depression and anxiety, cognitive, social, life satisfaction, sexuality

Timepoint

The quality of life questionnaire will be completed before and after the intervention

Method of measurement

Lipad Quality of Life Questionnaire

Secondary outcomes

empty

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

Intervention group: Performing Acupressure Techniques at 9 Points Twice in 20 Minutes in 8-12 sessions within a month.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Elderly Centers

Full name of responsible person

Hosein Jahani

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Deputy of Research and Technology of Qazvin
University of Medical Sciences

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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

Hosein Jahani

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data

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

Yes - There is a plan to make this available

Title and more details about the data/document

Only part of the information, such as information about the main outcome or the like, can be shared.

When the data will become available and for how long

After the end of the intervention

To whom data/document is available

Researchers working in academia and other institutions

Under which criteria data/document could be used

Once the intervention is completed, it will be available

From where data/document is obtainable

Hosein jahani ho3einjahani72@gmail.com 09391427802

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

By the end of 9.2019

Comments