

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

Effect of acupressure point Liv3 on postpartum pain reduction

Protocol summary

Study aim

Effect of Acupressure of Liver Point 3 on Reducing Postpartum Pain

Design

Clinical trials with control group, community based and pragmatic, with parallel groups, not blinded, randomized,

Settings and conduct

Selection of subjects with admission criteria followed by pain intensity determination based on pain ruler. have 4 score or more, they will enter the research. Individuals are randomly assigned to 3 groups in separate rooms. The severity of pain before the intervention is 30 and 120 minutes after the intervention. The results are recorded in the checklist and the examination is recorded.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Iranian - Minimum Reading and Writing Validity - All 20-35 years old mothers with postpartum pain with 4 score and more - Vaginal delivery - 38 weeks pregnancy and more - Not used for epidural anesthesia - Non- Drug user- No problems in the legs - no medical or mental illness - lack of family conflicts - pregnancy Unwanted - have a baby alive and without abnormality. Exclusion criteria: Unwillingness to continue cooperation - Mother's need for surgery and anesthetic drug - Mother clearance with personal consent earlier than 12 hours.

Intervention groups

Intervention group: Acupressure at the 3rd Liver Control group: Ibuprofen capsules every 6 hours to 24 hours Control group: acupressure at the point of inactivity

Main outcome variables

Postpartum pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20100503003860N35**
Registration date: **2018-05-09, 1397/02/19**

Registration timing: **registered_while_recruiting**

Last update: **2018-05-09, 1397/02/19**

Update count: **0**

Registration date

2018-05-09, 1397/02/19

Registrant information

Name

Gity Ozgoli

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8820 2512

Email address

gozgoli@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2018-03-21, 1397/01/01

Expected recruitment end date

2018-06-22, 1397/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of acupressure point Liv3 on postpartum pain reduction

Public title

Effect of Acupressure Point Liv3 on postpartum pain reduction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

1- be Iranian. 2- Have at least the ability to read and write. 3- All 20-35 years-old mothers who have complained of postpartum pain and at least two hours have passed since their delivery and report a score of 4 or more on the basis of a pain ruler. 4- Child birth by vaginal delivery. 5- To have Gestational age 38 weeks or more. 6- Not used for epidural anesthesia. 7- No drug or alcohol addiction. 8- Do not smoke. 9- There are no Skin disease, mole, burnt, wound, fracture, tendon and muscle problems in the legs. 10- There are no known medical or mental illnesses based on the case (liver diseases, diabetes, coagulation disorders, hemophilia, immune deficiency). 11- There are no conflicts and family conflicts and severe financial problems during the last 6 months. 12- Pregnancy is unwanted. 13- Have a baby live and without abnormalities.

Exclusion criteria:

1- Do not wish to continue with the researcher. 2- Mothers who need surgery and receive postpartum anesthetic. 3- Mothers who have been discharged with personal satisfaction before 12 hours.

Age

From **20 years** old to **35 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

The appointment of individuals in groups was randomized using the RANDOM ALLOCATION SOFTWARE FOR CLINICAL TRIAL software. Using this software, information about the sample number, the number of groups, the groups names will be taken into the data and output software, which includes the list of random groups of the groups.

Blinding (investigator's opinion)

Not blinded

Blinding description

After explaining the research to the research units, the researcher is considered as a sample of research if they are willing to participate in the study and having the characteristics of the research units and the absence of a ban on entry into the study. The appointment of individuals in groups was randomized using the RANDOM ALLOCATION SOFTWARE FOR CLINICAL TRIAL software. In the next step, people will randomly assign to one of the 3 groups according to the entry number and each group is placed in a separate room to avoid becoming aware of how the work is done in other groups.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shahid Beheshti University of Medical Sciences

Street address

Shahid Beheshti University of Medical Sciences , Faculty of Nursing and Midwifery, Intersection of niayesh, in front of Shahid Rajaee Heart Hospital, Valiasr St., Tehran

City

TEHRAN

Province

Tehran

Postal code

1985717443

Approval date

2017-07-01, 1396/04/10

Ethics committee reference number

IR.SBMU.PHNM.1396.763

Health conditions studied

1

Description of health condition studied

Postpartum pain

ICD-10 code

Z39.2

ICD-10 code description

Routine postpartum follow-up

Primary outcomes

1

Description

Post-partum pain

Timepoint

Before the intervention, 30 minutes and 2 hours after taking the pill, every 6 hours after the intervention

Method of measurement

Pain ruler (numerical scale)

Secondary outcomes

1

Description

Description: Possible side effects of intervention

Timepoint

Timepoint: At the end of intervention period

Method of measurement

Method of measurement: At the end of the intervention period

Intervention groups

1

Description

Intervention group: 1 Acupressure 3rd point Liver every 6 hours for 24 hours

Category

Treatment - Other

2

Description

Control group: Ibuprofen tablet every 6 hours for 24 hours

Category

Treatment - Drugs

3

Description

Control group: Sham point acupressure every 6 hours for 24 hours

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Yazd Shahid Sadoughi Hospital

Full name of responsible person

Mahdieh Abouei Mehrizi

Street address

Ebne Sina Street, Shahid Ghandi Bulvar, Yazd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Dept. of Research, School of Nursing and Midwifery, Shaheed Beheshti University of Medical Sciences

Full name of responsible person

Dolatian Mahrokh

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Shahid Beheshti University of Medical Sciences, Faculty of Nursing and Midwifery, in front of Shahid Rajaei Heart Hospital, Intersection of niayesh, Valiasr St., Tehran

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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

Dept. of Research, School of Nursing and Midwifery, Shaheed Beheshti 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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mahdieh Abouei Mehrizi

Position

دانشجوی کارشناسی ارشد مامایی

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available