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
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Name of organization / entity
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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

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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
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Sponsors / Funding sources

1

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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

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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