Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The study of effectiveness of dry Cupping Therapy on fatigue and quality of life in patients with Multiple Sclerosis

Protocol summary

Study aim
Determine of the effect of dry Cupping Therapy on fatigue and quality of life in patients with Multiple Sclerosis

Design
This study is a clinical trial with two groups (intervention and control), single blinded (the data analyst) and randomized, with 30 patients in each group.

Settings and conduct
This single blinded study (the data analyst), will be done in the Kerman Medical Center of the Special Diseases. In the intervention group, 8 sessions of dry Cupping Therapy will be performed. The variables will be measured before and after the intervention.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Ability to communicate in Persian language, diagnosis of Multiple Sclerosis according to neurologist confirmation, the severity of mental fatigue at the beginning of the research on the Fatigue Severity Scale (FSS) is equal to or greater than thirty six, the absence of chronic diseases and other conditions that affect the fatigue and quality of life of people, such as diabetes, cancer, etc, Not having surgery for the last six months, abnormal wound and redness from the scapula to the waist. Exclusion criteria: Use of anticoagulants, coagulopathy, getting severe psychological disorders that are inappropriate for participation in this study, a change in the course of the disease that causes the patient to be hospitalized, failure to follow the Dry Cupping Therapy program by the patient for any reason and some cases of recurrence of symptoms during the intervention so that it can affect our intervention.

Intervention groups
In the intervention group, 8 sessions of Dry Cupping Therapy will be performed in 4 weeks and two sessions per week, While patients in the control group will receive routine fatigue reduction methods. The severity of fatigue and the quality of life score will be measured before and after the intervention.

Main outcome variables
fatigue and quality of life

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20151107024919N8**
Registration date: **2019-07-06, 1398/04/15**
Registration timing: **prospective**

Last update: **2019-07-06, 1398/04/15**
Update count: **0**

Registration date
2019-07-06, 1398/04/15

Registrant information

Name
Batoul Tirgari

Name of organization / entity
Kerman Medical University of Sciences

Country
Iran (Islamic Republic of)

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+98 34 3132 5207

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-07-23, 1398/05/01

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 study of effectiveness of dry Cupping Therapy on fatigue and quality of life in patients with Multiple Sclerosis

Public title

Effect of dry Cupping on fatigue and quality of life in patients with Multiple Sclerosis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Ability to communicate in Persian language. Diagnosis of Multiple Sclerosis according to neurologist confirmation. The severity of mental fatigue at the beginning of the research on the Fatigue Severity Scale (FSS) is equal to or greater than thirty six. The absence of chronic diseases and other conditions that affect the fatigue and quality of life of people, such as diabetes, cancer, etc. Not having surgery for the last six months, abnormal wound and redness from the scapula to the waist.

Exclusion criteria:

Use of anticoagulants coagulopathy Getting severe psychological disorders that are inappropriate for participation in this study A change in the course of the disease that causes the patient to be hospitalized Failure to follow the Dry Cupping Therapy program by the patient for any reason Some cases of recurrence of symptoms during the intervention so that it can affect our intervention

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In order to allocate the subjects to the intervention and control groups, a randomized classification method is used, so that people in terms of severity of fatigue, quality of life score, drug use by patients, type of disease, duration of illness, etc. are divided into groups. Subsequently, through the use of a simple method and using Excel software from each group, half of the subjects are placed in the intervention group and the other half are in the control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

The data analyst does not know which data is related to the intervention group and which data is related to the control group.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Kerman University of Medical Sciences

Street address

Medical Center of the Special Diseases, No. 78 Alley, Shahid Rajaee Street,

City

kerman

Province

Kerman

Postal code

7619875994

Approval date

2019-06-24, 1398/04/03

Ethics committee reference number

IR.KMU.REC.1398.168

Health conditions studied

1

Description of health condition studied

Multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

Primary outcomes

1

Description

Fatigue severity

Timepoint

The severity of fatigue will be measured before and after the intervention at the end of the fourth week.

Method of measurement

Fatigue Severity Scale

2

Description

Quality of Life

Timepoint

The quality of life score will be measured before and

after the intervention at the end of the fourth week.

Method of measurement

Multiple Sclerosis Quality of Life- 54 Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the intervention group, 8 sessions of dry Cupping therapy will be performed in 4 weeks and two sessions per week, on Saturday and Tuesday. The intervention will be carried out by the researcher and for this purpose. First, from the scapular to the waist, with 4 to 5 drops of Noshad branded chamomile oil, massage will be carried out for 3 to 4 minutes. Then the Cold dry Cupping, using silicone cups, which can be 6 to 10 numbers depending on the person's body, on the site (on the sides of the spine, around the inter-vertebral line, from the scapula to the waist) will be done.

Category

Other

2

Description

Control group: Patients in the control group receive received routine fatigue reduction methods such as exercise, relaxation techniques, etc..

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical Center of the Special Diseases

Full name of responsible person

Batool Tirgari

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Medical Center of the Special Diseases, No. 78 Alley, Shahid Rajaee Street,

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Abbas Pardakhti

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No 2, Research and Technology Dept., Ibnsina Ave., Kerman

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http://kmu.ac.ir/fa/vcrt

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Batool Tirgari

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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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
Not applicable