Clinical Trial Protocol
Iranian Registry of Clinical Trials

04 Jul 2026

The effect of acupressure in two points; Sanyinjiao (Sp6) and Taichong (Liv3) on improvement of women’s sexual function and quality of sexual life

Protocol summary

Study aim
Determining the effect of acupressure in two points; Sanyinjiao (Sp6) and Taichong (Liv 3) on improvement of women’s sexual function and quality of sexual life

Design
This study is a non-blind randomized clinical trial with a control group. The estimated sample size is 126 individuals divided into two intervention and control groups with four-block random allocation.

Settings and conduct
The research environment is the health care centers affiliated Tehran University of Medical Sciences. Women who eligible will be divided into groups; intervention and control with the four-block random allocation. The intervention group will conduct the acupressure on the Liv3 and Sp6 for 8 weeks. The control group will no intervention during the study. Sexual function and sexual quality of life questionnaires will be completed before, immediately and 4 weeks after the intervention.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Married women with Being in the permanent and monogamous marital relationship Having at least level of reading and writing literacy. Exclusion criteria: Having sexual dysfunction being in the treatment process Addiction to narcotic drugs and alcohol Her husband has sexual dysfunction Positive history of unpleasant psychological experiences in the past six months Being in the pregnancy, lactation, and menopause period Having psychological and physical well-known chronic disease that affect sexual function Using drugs that effect the sexual function

Intervention groups
The intervention group will conduct the acupressure on the Liv3 and Sp6 after the training for 8 weeks. The control group will no intervention during the study but after that, based on their willing the researcher will educate them.

Main outcome variables
Sexual function, Quality of sexual life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20160808029255N8**
Registration date: **2019-09-08, 1398/06/17**
Registration timing: **registered_while_recruiting**

Last update: **2019-09-08, 1398/06/17**
Update count: **0**

Registration date
2019-09-08, 1398/06/17

Registrant information

Name
Raziyeh Maasoumi

Name of organization / entity
Tehran University of Medical Sciences

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-08-23, 1398/06/01

Expected recruitment end date
2020-02-20, 1398/12/01

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of acupressure in two points; Sanyinjiao (Sp6) and Taichong (Liv3) on improvement of women's sexual function and quality of sexual life

Public title
The effect of acupressure in two points; Sanyingjiao (Sp6) and Taichong (Liv3) on improvement of women's sexual function and quality of sexual life
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Married women with Being in the permanent and monogamous marital relationship Having at least level of reading and writing literacy
Exclusion criteria:
Having sexual dysfunction being in the treatment process Addiction to narcotic drugs and alcohol Her husband has sexual dysfunction Positive history of unpleasant psychological experiences in the past six months Being in the pregnancy, lactation, and menopause period Having psychological and physical well-known chronic disease that affect sexual function Using drugs that effect the sexual function
Age
From **18 years** old to **49 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **126**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, randomization method will be randomized block design with block size of 4. The block randomization method is designed to randomize participants into groups that result in equal sample sizes. This method is used to ensure a balance in sample size across groups over time. in this clinical trial with control and treatment groups, a randomized block procedure would be as follows: (1) a block size of 4 will be chosen, (2) possible balanced combinations with 2 A (intervention) and 2 B (control) subjects will be calculated as 6 (BBAA, BABA, BAAB, ABBA, ABAB, AABB) and (3) blocks will be randomly chosen to determine the assignment of all participants.
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 Tehran University of Medical Sciences, school of Nursing and Midwifery & Rehabil
Street address
Faculty of Nursing and Midwifery, South Nosrat Ave., Towhid Sq.
City
Tehran
Province
Tehran
Postal code
1419733171
Approval date
2019-07-09, 1398/04/18
Ethics committee reference number
IR.TUMS.FNM.REC.1398.079

Health conditions studied

1

Description of health condition studied
Sexual function
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Quality of sexual life
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Sexual function
Timepoint
Before the intervention, immediately and 4 weeks after the intervention
Method of measurement
Female Sexual Function Index questionnaire

2

Description
Quality of sexual life
Timepoint

Before the intervention, immediately and 4 weeks after the intervention

Method of measurement

Sexual quality of life-female (SQOL-F) questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention group will be trained by the researcher during two educational sessions. In these sessions, the acupressure technique, its benefits, and the correct location of the Liv3 and Sp6 points will be introduced to samples. Then, the sample in the presence of the researcher apply these points to their body and apply acupressure. The intervention will take place for 8 weeks by individuals in the intervention group. Researcher will be remember and follow the applying of the intervention by the sample through calling.

Category

Other

2

Description

Control group: The control group will not receive intervention. However, according to ethical consideration, if each member of the control group tends to receive an intervention service, they will be given it by the researcher.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Centers affiliated Tehran University of Medical Sciences

Full name of responsible person

Raziyeh Maasoumi

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Tehran, Keshavarz Blvd.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Sahraian, the Vice Chancellor of Research at Tehran University of Medicine Sciences

Street address

Keshavarz Blv., Qods St.,

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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

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Raziyeh Maasoumi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Sexology, Sexual and Reproductive Health

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Raziyeh Maasoumi

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
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Person responsible for updating data

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Position
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Latest degree
Ph.D.

Other areas of specialty/work
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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
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
Data of the study would be available after unrecognizable process of participants.

When the data will become available and for how long
6 months after publishing the results

To whom data/document is available
Research results would be available for academic researchers

Under which criteria data/document could be used
Research results would be available for same researches

From where data/document is obtainable
Dr. Raziyeh Maasoumi email: r_masoumi@sina.tums.ac.ir

What processes are involved for a request to access data/document
Sending a request by email attendance to the office of corresponding of project presentation the reasons for similarity of two projects studying the proposal by corresponding of project final decision making with corresponding author access of data in office of corresponding author

Comments