

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 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)

Phone

+98 21 6105 4214

Email address

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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; Sanyinjiao (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

AgeFrom **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

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Raziyeh Maasoumi

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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