

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 May 2026

The effect of acupressure on sleep quality in hemodialysis patient

Protocol summary

Summary

This study is a clinical trial that evaluates the effects of acupressure on sleep quality in hemodialysis patients. A total of 48 chronic hemodialysis patients over 18 years in dialysis departments of education hospitals, including Ahvaz Golestan Hospital, whose scores based on Pittsburgh questionnaire, were 5 or more were studied. The patients were randomly assigned into intervention or control group. Acupressure interventions in four weeks and three times per week for 15 minutes were performed for the patients in the intervention group. The patients in the control group only received routine treatment. Sleep quality of patients, based on Pittsburgh questionnaire, was assessed before the treatment and one week after the end of the treatment and compared between the two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138904144321N1**

Registration date: **2010-12-01, 1389/09/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-12-01, 1389/09/10

Registrant information

Name

Mohsen Hoshmand

Name of organization / entity

Ahvaz Jondishapour University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 1337 3943

Email address

mohsenhoshmand@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research, Ahvaz Jondishapour University

Expected recruitment start date

2010-05-23, 1389/03/02

Expected recruitment end date

2010-05-30, 1389/03/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on sleep quality in hemodialysis patient

Public title

The effect of acupressure on sleep status of patients undergoing long-term hemodialysis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: ESRD patients who complain of sleep disturbance, age 18-65 years, Patients undergoing maintenance hemodialysis for at least three months, no upper or lower extremities amputation, stable mental status with no dementia, ability to communicate
Exclusion criteria: dialysis complications which require immediate intervention, presence of debilitating physical or mental illness and other diseases that compromise the ability to answer the questions, presence of major chronic diseases such as cancer or lupus erythematosus, presence of diabetic neuropathy, transfer the patient to intensive care units, surgery, infection, or bleeding during the study.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahvaz Jundishapur University of Medical Sciences

Street address

Golestan Boulevard

City

Ahvaz

Postal code

Approval date

2010-09-25, 1389/07/03

Ethics committee reference number

2926

Health conditions studied

1

Description of health condition studied

end-stage renal disease

ICD-10 code

N18.0

ICD-10 code description

Primary outcomes

1

Description

sleep quality

Timepoint

One week before and after completion of the intervention Acupressure

Method of measurement

Pittsburgh Sleep Quality Index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Acupressure intervention for 4 weeks, 3 sessions per week for 15 minutes

Category

Treatment - Other

2

Description

Control group: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Abdolali Shariati

Street address

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Office of Ahvaz Jondishapour University

Full name of responsible person

Mostafa Ferghhi

Street address

Central Library, Jundishapur University of Medical Sciences, Golestan Boulevard, Ahvaz

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Office of Ahvaz Jondishapour University

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Ahvaz

Postal code**Phone**

+98 21 6313 4412

Fax**Email**

shsh_ali2003@yahoo.com

Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**

Faculty of Nursing, Ahvaz Jundishapur University of
Medical Sciences ,

Full name of responsible person

Mohsen Hoshmand

Position

Master Nursing Student

Other areas of specialty/work**Street address**

Faculty of Nursing, Ahvaz Jundishapur University of
Medical Sciences ,

City

Ahvaz

Postal code**Phone**

+98 210372355487

Fax**Email**

cesare_20@yahoo.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Faculty of Nursing, Ahvaz Jundishapur University of
Medical Sciences ,

Full name of responsible person

Abdloali Shariati

Position

MS Nursing Education

Other areas of specialty/work**Street address**

Faculty of Nursing, Ahvaz Jundishapur University of
Medical Sciences

City

Ahvaz

Postal code**Phone****Fax****Email**

shsh_ali2003@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Faculty of Nursing, Ahvaz Jundishapur University of
Medical Sciences

Full name of responsible person

Abdolali Shariati

Position

MS Nursing Education

Other areas of specialty/work**Street address**

Ahvaz Jundishapur University of Medical Sciences
,Nursing College

City**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty