Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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, who their 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

Person responsible for general inquiries

Contact
Name of organization / entity
Faculty of Nursing, Ahvaz Jundishapur Univercity 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 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 Univercity of Medical Sciences ,Nursing College
City
Ahvaz
Postal code
Phone
+98 21 6313 4412
Fax
Email
shsh_ali2003@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Faculty of Nursing, Ahvaz Jundishapur Univercity 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 Univercity of Medical Sciences
City
Ahvaz
Postal code
Phone
Fax
Email
shsh_ali2003@yahoo.com
Web page address

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