

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

THE EFFECT OF ACUPRESSURE AT P6 POINT ON ANXIETY AND DEPRESSION IN HEMODIALYSIS PATIENTS

Protocol summary

Study aim

determine the effect of acupressure on anxiety and depression in hemodialysis patients

Design

Patients were randomly divided into two groups of intervention and control. Initially, the names of all patients were written on the sheet and then put in a glass, then out of order, divided into intervention and control groups.

Settings and conduct

This study was a clinical trial, conducted on 40 hemodialysis patient's referral to Imam Khomeini hospital. Acupressure in Intervention group will be done on true acupoints (PC6) by using 3 to 4 kg pressure, with the practitioners' thumb in a period of two revolutions per second. The intervention will conduct three times a week for a month.

Participants/Inclusion and exclusion criteria

age 18 years and above, six months hemodialysis history, medical record in hemodialysis center, doing hemodialysis three times in week, getting anxiety score between 20 to 29 and depression 14 to 19 inclusion criteria: amputation in site acupressure, chronic mental and physical disease, Unable to communicate

Intervention groups

In this clinical trial study, participation divide two intervention and control groups. Intervention group: Acupressure will be done on true acupoints (PC6) by using 3 to 4 kg pressure, with the practitioners' thumb in a period of two revolutions per second. The intervention will conduct three times a week for a month. In the control group, no action was taken during the intervention and routine interventions were received.

Main outcome variables

anxiety and depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160605028255N2**
Registration date: **2020-06-06, 1399/03/17**
Registration timing: **retrospective**

Last update: **2020-06-06, 1399/03/17**

Update count: **0**

Registration date

2020-06-06, 1399/03/17

Registrant information

Name

Jasem Allahyari

Name of organization / entity

Zabol University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-22, 1396/10/01

Expected recruitment end date

2018-01-21, 1396/11/01

Actual recruitment start date

2017-12-22, 1396/10/01

Actual recruitment end date

2018-01-21, 1396/11/01

Trial completion date

2018-02-20, 1396/12/01

Scientific title

THE EFFECT OF ACUPRESSURE AT P6 POINT ON ANXIETY AND DEPRESSION IN HEMODIALYSIS PATIENTS

Public title

THE EFFECT OF ACUPRESSURE AT P6 POINT ON ANXIETY AND DEPRESSION IN HEMODIALYSIS PATIENTS

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

having 18 years old Having at least 6 months history of hemodialysis having records in hemodialysis center dialysis three times in week achieving score anxiety between 20 to 29 and depression 14 to 19

Exclusion criteria:

amputation in acupressure site Chronic physical and mental illness inability to communication usage sedation drugs patient death and death close relative

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Actual sample size reached: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

the name patients write on sheet then put in the glass and randomly select name and divide in two groups.

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 Zabol University of Medical Sciences

Street address

Nursing and midwifery school, Ferdosi street, Zabol

City

Zabol

Province

Sistan-va-Balouchestan

Postal code

9861663335

Approval date

2017-06-22, 1396/04/01

Ethics committee reference number

zbmu.1.REC.1396.184

Health conditions studied**1****Description of health condition studied**

ESRD Patients undergoing hemodialysis treatment

ICD-10 code

N18.5

ICD-10 code description

End stage renal disease

Primary outcomes**1****Description**

depression and anxiety

Timepoint

Before and one month after intervention

Method of measurement

Beck Depression Inventory and Spielberger Anxiety Inventory

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: perform acupressure three times in p6 point for four weeks

Category

N/A

2**Description**

Control group: receive routine care

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Hemodialysis center Imam Khomeini Hospital

Full name of responsible person

Mansour Zamani Afshar

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Sponsors / Funding sources

1

Sponsor

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Full name of responsible person
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Grant name

Grant code / Reference number

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

No

Title of funding source

zabol university and 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
Zabol University of Medical Sciences
Full name of responsible person
Mansour Zamani Afshar
Position
psychologist

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Person responsible for updating data

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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