

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jun 2026

The Effect of Acupressure on sleep quality of nursing students in internship period

Protocol summary

Study aim

The Effect of Acupressure on sleep quality of nursing students in internship period

Design

This study is a randomized controlled clinical trial with parallel groups that is divided into 3 groups: acupressure (Shenmen point), placebo (false point), and control (routine care).

Settings and conduct

For the intervention in acupressure group, the place of intervention (Shenmen point) will be determined. The intervention will be done by the students themselves. Therefore, the students in the test group (acupressure at the Shenmen and placebo) will be adequately trained at the beginning of the study. For acupressure intervention, the wristbands is fastened on both the patient's right and left wrists so that the plastic button is placed on the point of intervention (Shenmen point). This will be done every night before going to bed for four weeks. In the placebo acupressure group, the same procedure applies except that a false point (the point opposite the shenmen point behind the hand) will be used instead of pressure on Shenmen point. The study location is Shahid Beheshti University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Nursing students of Shahid Beheshti University of Medical Sciences; studying in 7th semester nursing (internship); no scars at the Shenmen and placebo (False Point); non-use sleep medication during the past month; no history of acupressure. Exclusion criteria: Carpal tunnel syndrome; BMI above 35; state and trait anxiety score over 60.

Intervention groups

The intervention groups consisted of two groups of acupressure at the Shenmen (HT7) and the placebo (False Point) that would place the acupressure wristband on the target points for one month each night before bedtime. In the control group, students does not receive any special intervention

Main outcome variables

Students' sleep quality

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120109008665N11**

Registration date: **2020-03-28, 1399/01/09**

Registration timing: **prospective**

Last update: **2020-03-28, 1399/01/09**

Update count: **0**

Registration date

2020-03-28, 1399/01/09

Registrant information

Name

Hassan Babamohamadi

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3365 4190

Email address

babamohamadi@sem-ums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-04-08, 1399/01/20

Expected recruitment end date

2020-05-09, 1399/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The Effect of Acupressure on sleep quality of nursing students in internship period

Public title
The Effect of Acupressure on sleep quality of nursing students in internship period

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
nursing student of Shahid Beheshti University of Medical Sciences studying in 7th semester of nursing (internship) no history of neuropsychiatric illness leading to hospitalization or use of psychiatric drugs no history of sleep disturbances in a recent month no scars at the Shenmen and placebo point non-use sleep medication during the past month no history of acupressure
Exclusion criteria:
Carpal tunnel syndrome Students engaged in student work BMI above 35 State and trait anxiety score over 60

Age
From **20 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description
Students will be randomly assigned to three groups of A:acupressure, B: placebo acupressure, and C: control using 90 sealed envelopes containing the letters A, B, and C equally. Students will select the envelope themselves.

Blinding (investigator's opinion)
Not blinded

Blinding description
Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee

Semnan University of Medical Sciences

Street address
Vice Chancellor of Research and Technology, Semnan University of Medical Sciences, Basidj Blv, Semnan, Iran

City
Semnan

Province
Semnan

Postal code
3519899951

Approval date
2020-03-10, 1398/12/20

Ethics committee reference number
IR.SEMUMS.REC.1398.324

Health conditions studied

1

Description of health condition studied

sleep disorder

ICD-10 code

F51.8

ICD-10 code description

Other sleep disorders not due to a substance or known physiological condition

Primary outcomes

1

Description

Sleep Quality

Timepoint

Baseline, 10, 20 days and end of study (day after the end of intervention)

Method of measurement

Pittsburgh Sleep Quality Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the first group (Acupressure) after getting informed consent, student will complete demographic, pittsburgh sleep quality and spielberger questionnaires. The wristband, which has a plastic button with a diameter of 0.7 cm, is closed for one month each night before going to bed on both the right and left wrists of the patient so that the plastic button is placed on the point of intervention (Shenmen or HT7 point). The pressure is applied to the extent that the student does not feel discomfort or pain in the wrist.

Category

Other

2

Description

Intervention group: In the second group (false acupuncture) after getting informed consent, student will complete demographic, pittsburgh sleep quality and spielberger questionnaires. The wristband, which has a plastic button with a diameter of 0.7 cm, is closed for one month each night before going to bed on both the right and left wrists of the patient so that the plastic button is placed on opposite the point of intervention (false point). The pressure is applied to the extent that the student does not feel discomfort or pain in the wrist.

Category

Other

3

Description

Control group: In the third group (control) after getting informed consent, student will complete demographic, pittsburgh sleep quality and spielberger questionnaires. This group does not receive any special intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Residence of nursing students of Shahid Beheshti University of Medical Sciences (dormitory, private)

Full name of responsible person

Hassan Babamohamadi

Street address

5 Kilometers of Damghan Road, Nursing and Midwifery Faculty, Semnan University of Medical Sciences, Semnan, Iran

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babamohammady2007@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Parviz Kokhaei

Street address

Semnan University of Medical Sciences, Vice Chancellor of Research and Technology, Basidj Blv, Semnan, Iran

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rds@semums.ac.ir

Web page address

http://rtvc.semums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Hassan Babamohamadi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Nursing and Midwifery Faculty, Semnan University of Medical Sciences, 5 Kilometers of Damghan Road, Semnan, Iran

City

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

Semnan University of Medical Sciences

Full name of responsible person

Hassan Babamohamadi

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

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

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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

Not applicable

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

Not applicable

Data Dictionary

Not applicable