Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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)

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+98 23 3365 4190

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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, pitsburgh 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 acupressure) after getting informed consent, student will complete demographic, pitsburgh 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, pitsburgh 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

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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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

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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