

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

the effect of acupressure on pain and activity of daily living (ADL) among older adults women in day care centers

Protocol summary

Study aim

Determining the effect of acupressure on pain and daily life activities of elderly women in Qazvin daily care centers

Design

Study of semi-experimental clinical trial of continuous sampling method

Settings and conduct

Samples will be reviewed in terms of entry criteria, and then a personal profile form as well as assurance of non-cognitive impairment in front of research samples, VAS pain scales, and ADL daily life activities will be completed. Samples of all elderly women with chronic pain will be selected and 80 elderly women will be selected by continuous sampling and will be randomly divided into two test groups and control. First, the visual acuity scale and daily activity activity questionnaire measure the intensity of pain and daily activity activity in both groups. For the intervention group, 10 sessions three days a week, according to pressure points (LIV3, UB62, SP9, GB34, UB17, GB30, UB25-UB11, GB20, GB21), massage or pressure is started in a circular motion for about 10 minutes and the pressure is tolerated by the thumb for 1 minute for each point. In the control group intervention will be ineffective. Pain and daily activities of life in both groups one week after the end of the 10 sessions will be evaluated as a post-test.

Participants/Inclusion and exclusion criteria

chronic pain for at least 3 months Get a score of 4 or higher on the VAS scales

Intervention groups

In this study, the sample of research is the elderly women who have a file in the day care centers for the elderly in Qazvin and will have the criteria to enter the following research.

Main outcome variables

reducing pain and increasing daily life activities

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200427047217N1**

Registration date: **2020-05-19, 1399/02/30**

Registration timing: **prospective**

Last update: **2020-05-19, 1399/02/30**

Update count: **0**

Registration date

2020-05-19, 1399/02/30

Registrant information

Name

Farzaneh Mehdipour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3356 3071

Email address

mehdipour.farzaneh@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-21, 1399/04/01

Expected recruitment end date

2020-08-22, 1399/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

the effect of acupressure on pain and activity of daily living (ADL) among older adults women in day care centers

Public title
the effect of acupressure on pain and activity of daily living

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Persistent chronic pain for at least the last three months
 Average pain score (score 4 or higher than VAS pain scales)
 Absence of mental disorder
 Non-smoking, alcohol and drugs
 Do not use neuroleptic drugs
Exclusion criteria:

Age
From **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
Sampling first as a random stratum, referring to 4 daily aging centers and selecting 80 elderly people from these centers (20 people from each center) For random allocation, we will use a double block that we have 4 modes (aa, bb, ab, ba) and by selecting 40 times from the possible blocks we will reach an equal volume of two groups. Assuming that people a test group and b control group.

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

Ethics Committee of Iran University of Medical Sciences

Street address

No 13, sarary Ave, Rahahan Street, Qazvin

City

Qazvin

Province

Qazvin

Postal code

34177-39659

Approval date

2020-02-25, 1398/12/06

Ethics committee reference number

IR.IUMS.REC.1398.1227

Health conditions studied

1

Description of health condition studied

Pain

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Activities of daily living

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

reducing pain and reducing the score of the visual pain scales questionnaire

Timepoint

before the intervention and one week after the end of the 10session

Method of measurement

Visual Analogue Scale

2

Description

The probability of increasing the activity daily of life and increasing the score of the Bartel activity daily questionnaire

Timepoint

before the intervention and one week after the end of the 10session

Method of measurement

Activities of daily living

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: apply acupressure in Ten effective points where each point of massage is analyzed for one minute. This work continues for ten sessions

Category

N/A

2**Description**

Control group: Use of ineffective acupressure in 9 ineffective points (sham) where each point is tolerated for one minute of massage. This work lasts for ten sessions

Category

N/A

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

Day care centers for the elderly in Qazvin

Full name of responsible person

Farzaneh Mehdipour

Street address

All day care centers for the elderly in Qazvin

City

Qazvin

Province

Qazvin

Postal code

34177-39859

Phone

+98 28 3356 3071

Email

mehdipour.farzaneh@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Dr Masoumeh Khairkhah

Street address

Iran University of Medical Sciences, next to Milad Tower, Hemmat Highway, Tehran

City

Tehran

Province

Tehran

Postal code

۱۴۳۹۶۱۴۵۳۵

Phone

+98 21 4365 1708

Email

kheirkhah.m@iums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Iran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

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**

Iran University of Medical Sciences

Full name of responsible person

Farzaneh Mehdipour

Position

Senior students

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Iran University of Medical Sciences, above Mirdam, Valiasr St, Tehranad, Rashid Yasemi St,

City

Tehran

Province

Tehran

Postal code

19395/ 4798

Phone

+98 21 4365 1820

Email

mehdipour.farzaneh@yahoo.com

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

Iran University of Medical Sciences

Full name of responsible person

Faride Bastani

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Iran University of Medical Sciences, above Mirdam, Valiasr St, Rashid Yasemi St, Tehran

City

Tehran

Province

Tehran

Postal code
19395/ 4798
Phone
+98 21 4365 1820
Email
Bastani.f@iums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Farzaneh Mehdipour
Position
Senior students
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Iran University of Medical Sciences, Rashid Yasemi
, above Mirdamad, St, Valiasr St, Tehran
City
Tehran
Province
Tehran
Postal code
19395/ 4798
Phone
+98 21 4365 1820
Email
mehdipour.farzaneh@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

All potential data can be shared after people have not been identified

When the data will become available and for how long

Start the access period 6 months after printing the results

To whom data/document is available

It will only be available to researchers working in academic and scientific institutions

Under which criteria data/document could be used

To use data in your studies

From where data/document is obtainable

Farzaneh Mehdipour mehdipour.farzaneh@yahoo.com

What processes are involved for a request to access data/document

After these documents reached the university approval stage, an article was published.

Comments