

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

Comparison of the effect of two methods of acupressure and massage with ice on hoku point on pain intensity

Protocol summary

Study aim

Comparison of the effect of acupressure and ice massage at Hoku point on the severity of dysmenorrhea

Design

Clinical trial with control group, with parallel groups, single blind, randomized with permutation blocks, pilot study on 25 patients

Settings and conduct

Female medical students of Sirjan medical university are the target community. Pain and demographic questionnaire is used. The type of study is single blind. After explaining the procedure, the process of performing ice therapy at the Hoku point on a group of students and acupressure at the Hoku point on another group and an group of ice balls at the adjacent Hoku massage point and the questionnaire will be completed. The researcher, who has already seen the necessary course and training under the supervision of the relevant expert, with moderate pressure of his thumb for 5 minutes in a clockwise direction. 5 minutes counterclockwise stimulates this point. In the acupressure group, only pressure was applied, and in the ice therapy group, pressure was applied to the ice ball at the Hoku point, and in the control group, the ice ball was slowly rotated near the actual Hoku site.

Participants/Inclusion and exclusion criteria

Inclusion criteria: being single, experiencing painful menstruation in previous cycles, age between 18-28 years, no underlying disease Exclusion criteria: interval from menarche time (first menstruation in women) less than 6 months and Having a specific disease or disorder.

Intervention groups

Intervention Group 1: Ice therapy at Hoku Point: Ice therapy at Hoku point: Ice therapy with ice ball at Hoku point between thumb and forefinger Intervention Group 2: Accupressure at Hoku Point: Accupressure at Hoku Point: Massage without Ice Ball at Hoku Point Protrusion between thumb and forefinger Group 3: Control: Use an orb with the appearance of an icy ball near the

protrusion of the index finger

Main outcome variables

Dysmenorrhea pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200624047911N1**

Registration date: **2021-02-05, 1399/11/17**

Registration timing: **retrospective**

Last update: **2021-02-05, 1399/11/17**

Update count: **0**

Registration date

2021-02-05, 1399/11/17

Registrant information

Name

Naimeh Pourramezani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 4225 0449

Email address

npourramezani@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-07-05, 1399/04/15

Expected recruitment end date

2020-08-05, 1399/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparison of the effect of two methods of acupressure and massage with ice on hoku point on pain intensity

Public title
Comparison of the effect of two methods of acupressure and massage with ice on huko point on pain intensity

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Single Experience painful menstruation in previous cycles Age between 18-28 years Regular menstrual cycle
 Lack of diseases such as hormonal disorders, heart disease, thyroid, diabetes, asthma, kidney disease
 History of medication such as corticosteroids, painkillers, contraceptives Willingness to cooperate No history of polycystic ovary disease
Exclusion criteria:
 Less than 6 months before menarche (first menstruation in women) The patient has cognitive impairment or mental illness History of coagulation disorders.

Age
From **18 years** old to **28 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Randomized

Randomization description
In this pilot study using the method of randomization permutation blocks, 48 samples are randomly assigned in three equal groups. For this purpose, 8 blocks of 6 will be used. Randomization unit: individual Randomization tool: Random number table

Blinding (investigator's opinion)
Single blinded

Blinding description
This study is an interventional study and a randomized clinical trial. This study is a single-blind study in the control group of a plastic ball that is exactly the same ice ball used in the intervention group but at a point close to the point Hoku (outside the main place) massage was applied.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Sirjan University of Medical Sciences

Street address

Ebne Sina Street, Sirjan City, Kerman,Iran

City

Sirjan

Province

Kerman

Postal code

7817843153

Approval date

2020-09-13, 1399/06/23

Ethics committee reference number

IR.SIRUMS.REC.1399.029

Health conditions studied

1

Description of health condition studied

dysmenorrhea

ICD-10 code

N94

ICD-10 code description

Pain and other conditions associated with female genital organs and menstrual cycle

Primary outcomes

1

Description

The severity of menstrual pain is measured on a VAS scale.

Timepoint

Half an hour before the intervention, during the intervention, half an hour after the intervention

Method of measurement

VAS

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Ice therapy at Hoku point

Category

Behavior

2

Description

Intervention group: Massage on the hoku point

Category

Behavior

3

Description

Control group: Ice therapy near Hoku point

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Sirjan School of Medical Sciences

Full name of responsible person

Pourramezani Naimeh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sirjan School of Medical Sciences

Full name of responsible person

Research Assistant

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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

Sirjan School 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

The University of Sirjan

Full name of responsible person

Naimeh Pourramezani

Position

Faculty instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

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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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All data can be used after unidentifying individuals.

When the data will become available and for how long

The access period is 6 months after the publication of the article.

To whom data/document is available

Only researchers

Under which criteria data/document could be used

Similar to the present study

From where data/document is obtainable

Researcher by contact or email

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

Write a request via email

Comments