Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Assessment the effect of pressure on Yintang and shenmen points on anxiety and hemodynamic variable and dysrythmia of Patients Undergoing heart catheterization

Protocol summary

Summary

This study aimed to determine the effect of acupressure on anxiety, hemodynamic and dysrhythmia in patients undergoing heart catheterization. This double-blind clinical trial was performed on 60 patients Undergoing heart catheterization. Inclusion criteria were age less than 65 years and being hemodynamically stable. Subjects that had taken sedative drugs and a history of heart surgery and catheterization and stroke, thyroid gland disorders, were excluded. Anxiety by Spielberger Scale and dysrhythmia was assessed with the check list. Patients were randomly assigned into two groups: real acupressure (n = 30) Non-real acupressure (control group) (n = 30). Massage balls with 1 Cm circle diameter on the points of Shenmen on the ear and Yintang, at the top of the nose on the center line between the ends of the eyebrows. Non-acupoints, which were 1 to 3 CUN (Chinese unit of length) away from true acupoints were used in control group. Anxiety, hemodynamic variables and dysrhythmia were measured before, 1 minute and 30 minutes after the intervention in study groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204304655N1**
Registration date: **2016-02-11, 1394/11/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-02-11, 1394/11/22

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2013-07-10, 1392/04/19

Expected recruitment end date

2013-11-10, 1392/08/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment the effect of pressure on Yintang and shenmen points on anxiety and hemodynamic variable and dysrythmia of Patients Undergoing heart catheterization

Public title

The effect of acupressure on anxiety in patients undergoing catheterization

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Age less than 65 years; Being healthy place acupressure; having full consciousness and an

acceptable ability of listening and speaking to persian; Lack of mental or physical disability; no history of heart surgery, catheterization and stroke; referred to catheterization for the first time.Exclusion criteria: Using of Narcotic drugs the day before the intervention; Taking Sedative drugs or anxiety drugs, such as propranolol tablet in more than a week ago; a history of epilepsy and known disorders of the thyroid gland; non-cooperation to continue research.

Age
From **25 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Kashan University of Medical Sciences

Street address
Arctic Blvd Ravandi, Kashan University of Medical Sciences

City
Kashan

Postal code

Approval date
2013-07-15, 1392/04/24

Ethics committee reference number
1680/1/5/29/پ

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F41.1

ICD-10 code description
ICD-10 : Generalized anxiety disorder

Primary outcomes

1

Description
Anxiety

Timepoint
Before the intervention, 1 minute after the intervention, 30 minutes after the intervention

Method of measurement
Spillberger questionnaire

2

Description
pulse

Timepoint
Before the intervention, 1 minute after the intervention, 30 minutes after the intervention

Method of measurement
In millimeters of mercury

3

Description
Blood pressure

Timepoint
Before the intervention, 1 minute after the intervention, 30 minutes after the intervention

Method of measurement
In millimeters of mercury, by Using a mercury sphygmomanometer

Secondary outcomes

1

Description
Anxiety level

Timepoint
Before, 1 minute after the intervention, 30 minutes after the intervention

Method of measurement
By using the check List through cardiac monitoring

Intervention groups

1

Description
Intervention group (Group acupressure massage): In this group, Effective points in anxiety, Shenmen point was in the non-dominant ear(eyebrows Yintang point in the middle of the nasal root). At this points, the massage ball with a diameter of one centimeter with an average of 25-20 cycles per minute for 10 minutes was performed. Amount of pressure was at 4-3 kg, So that they feel the pressure, but do not feel pain in acupressure point.

Category

Treatment - Other

2

Description
Control group (group non-acupressure massage): In other parts of acupressure was performed. With the non-acupressure are 3-1 CUN (Chinese unit of length) away from the acupressure (Shenmen, Yintang), so that in the direction of energy flow is not. The massage ball with a diameter of one centimeter with an average of 25-20 cycles per minute for 10 minutes was performed. Amount of pressure was at 4-3 kg, So that they feel the pressure, but do not feel pain in acupressure point.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Research Center of Kashan University of Medical Sciences

Full name of responsible person
Taghadsi Mohsen

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Arctic Blvd Ravandi, Kashan University of Medical Sciences

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kashan University of Medical Sciences

Full name of responsible person
Hamidi Gholamali

Street address
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Grant name

Grant code / Reference number

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

Title of funding source
Kashan University of Medical Sciences

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty