

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of the efficacy of two factors of acupressure and desirable Azkar on the patients' anxiety before surgery

#### Protocol summary

##### Study aim

The efficacy of two factors of acupressure and desirable Azkar on the patients' anxiety before surgery

##### Design

The study will be randomized controlled clinical trial on 150 people who were included in the study through simple sampling and randomly one of the three groups of acupressure, recommended azkar or control group

##### Settings and conduct

This study is a randomized controlled trial that will be performed to investigate and compare the effectiveness of two methods of acupressure and recommended remembrance on the anxiety of patients undergoing surgery in hospitals in Ferdows

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: not having any special problems in the spot of receiving acupressure, not having any sight disorder that can prevent choosing the proper spot in the standard of anxiety examination, not receiving tranquilizers, painkillers, or drugs effective on anxiety such as Inderal for more than one month. Not having pain, epilepsy, or mental disorder, history of using acupressure, presence of thyroid diseases, addiction to drugs, pregnancy, previous surgery due to malignancy

##### Intervention groups

To apply acupressure, the third eye point (Yintang), which is located between the two eyes, will be pressed for about 10 minutes. In the desirable Azkar group, the research units will listen to Hamd and Zikr La hool and La qwat ela be Allah several times using an audio source. In the control group, pressure will be applied for 10 minutes on the false point, which has no effect on the patient's sedation.

##### Main outcome variables

Anxiety

#### General information

##### Reason for update

#### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20201026049149N1**  
Registration date: **2020-11-28, 1399/09/08**  
Registration timing: **registered\_while\_recruiting**

Last update: **2020-11-28, 1399/09/08**

Update count: **0**

##### Registration date

2020-11-28, 1399/09/08

##### Registrant information

###### Name

Azade Araste

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 56 3272 0117

###### Email address

azadearaste@bums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-09-21, 1399/06/31

##### Expected recruitment end date

2021-03-19, 1399/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of the efficacy of two factors of acupressure and desirable Azkar on the patients' anxiety before surgery

**Public title**

the efficacy of two factors of acupressure and desirable Azkar on the patients' anxiety

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

No special problems at the site of acupressure Do not take sedatives, such as Inderal analgesics for more than a month No pain, history of epilepsy or mental health problems No history of thyroid disease and taking drugs that affect it No drug addiction No visual disturbances

**Exclusion criteria:**

Reluctance to participate in the study

**Age**

From **15 years** old to **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **141**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Sampling will be done easily and 150 eligible patients will be included in the study and randomly divided into three groups of 50 (acupressure, recommended azkar, control).

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

In the control group, pressure will be applied for 10 minutes in a lying position that has no effect on patient sedation.

**Placebo**

Used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Birjand University of Medical Sciences

**Street address**

Shahid Motahari St., Chamran Hospital

**City**

ferdows

**Province**

South Khorasan

**Postal code**

9۷۱۷۸۵۳۵۷۷

**Approval date**

2020-07-03, 1399/04/13

**Ethics committee reference number**

IR.BUMS.REC.1399.136

**Health conditions studied****1****Description of health condition studied**

Anxiety

**ICD-10 code**

F41.1

**ICD-10 code description**

Generalized anxiety disorder

**Primary outcomes****1****Description**

anxiety

**Timepoint**

before, immediately after and 30 min after intervention

**Method of measurement**

scale for anxiety

**2****Description**

vital sign

**Timepoint**

before, immediately after and 30 min after intervention

**Method of measurement**

A mercury manometer to measure the blood pressure, clock for Heart and respiratory rate

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Intervention group: Acupressure in the third eye (Yintang) between the two eyes for 10 minutes

**Category**

Prevention

**2****Description**

Intervention group: desirable Azkar

**Category**

Prevention

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#### Description

Control group: Apply pressure for 10 minutes on the supine point, which has no effect on the patient's sedation

#### Category

Placebo

### Recruitment centers

#### 1

##### Recruitment center

**Name of recruitment center**

Shahid Chamran Hospital

**Full name of responsible person**

Azade Araste

**Street address**

Shahid Motahari Street

**City**

Ferdows

**Province**

South Khorasan

**Postal code**

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**Phone**

+98 56 3272 0117

**Email**

azadearaste@yahoo.com

### Sponsors / Funding sources

#### 1

##### Sponsor

**Name of organization / entity**

Birjand University of Medical Sciences

**Full name of responsible person**

Birjand University of Medical Sciences > Research & Innovation

**Street address**

Shahid Ghaffari Street

**City**

Birjand

**Province**

South Khorasan

**Postal code**

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**Phone**

+98 56 3238 1200

**Fax**

+98 56 3238 1220

**Email**

esearch@bums.ac.ir

**Web page address**

http://rsh.bums.ac.ir/

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

Yes

**Title of funding source**

Birjand 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**

Birjand University of Medical Sciences

**Full name of responsible person**

Azade Araste

**Position**

mSc-Faculty member

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

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Shahid Motahari Street

**City**

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**Province**

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**Postal code**

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**Email**

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### Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Birjand University of Medical Sciences

**Full name of responsible person**

azade araste

**Position**

MSC Faculty member

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

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Shahid Motahari Street

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**Email**

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

Birjand University of Medical Sciences

**Full name of responsible person**

azade araste

**Position**

MSC

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

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**Province**

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**Email**

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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**

Total data collected

**When the data will become available and for how long**

From the year 1400

**To whom data/document is available**

All researchers

**Under which criteria data/document could be used**

Legal use and with the permission of the researcher

**From where data/document is obtainable**

azadearaste@yahoo.com

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

One day to a maximum of one week

**Comments**