

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Feb 2026

The effect of acupressure on sexual function of women taking antidepressants in comparison with placebo

Protocol summary

Study aim

Determination of the effect of acupressure on sexual function of women taking antidepressants in comparison with placebo

Design

This study is a randomized clinical trial study that will be performed on 120 patients taking antidepressants medical office of project's physician Yasuj, Iran in 2020.

Settings and conduct

In intervention group, acupressure at point PC6 and sp6 for ten minutes at each point, twice a week for two month and in control group, acupressure at placebo point P1 and P2 for ten minutes at each point, twice a week for two months. Female sexual function index questionnaire will be completed before and two months after the intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Desire to participate in the study, Age 18-45 years Literacy for reading and writing, Score less than 20 and diagnose mild to moderate depression on the Hamilton scale, 2 hours after the last meal At least 4 weeks of treatment with antidepressant drugs affect sexual function Married and having a sexual partner who is present at least 50% of the month. Exclusion criteria: Unwillingness to participate in the study, Presence of infectious and skin diseases, acute rheumatoid arthritis, wounds or skin infections at the site of acupressure intervention, Existence of speech or hearing problems, Addiction and alcohol using in person or his partner Sexual problems before taking antidepressants, Loss of relatives or friends in the last six months, Chronic diseases such as cardiovascular, thyroid, arthritis, diabetes, epilepsy, kidney disorders

Intervention groups

Intervention group: Acupressure at point PC6 and sp6 for ten minutes at each point, twice a week for two months. Control group: Acupressure at placebo point P1 and P2 for ten minutes at each point, twice a week for two months.

Main outcome variables

Score of sexual function based on Female sexual function index questionnaire

General information

Reason for update

revised of blindness

Acronym

IRCT registration information

IRCT registration number: **IRCT20160524028038N10**

Registration date: **2020-12-27, 1399/10/07**

Registration timing: **registered_while_recruiting**

Last update: **2024-04-15, 1403/01/27**

Update count: **1**

Registration date

2020-12-27, 1399/10/07

Registrant information

Name

Fatemeh Bazarganipour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 76 3366 6367

Email address

bazarganipour@hums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-12-05, 1399/09/15

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

The effect of acupressure on sexual function of women taking antidepressants in comparison with placebo

Public title

Acupressure and the sexual function of women taking antidepressants

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Desire to participate in the study Age 18-45 years
Literacy for reading and writing Score less than 20 and
diagnose mild to moderate depression on the Hamilton
scale 2 hours after the last meal At least 4 weeks of
treatment with antidepressant drugs affect sexual
function Married and having a sexual partner who is
present at least 50% of the month

Exclusion criteria:

Unwillingness to participate in the study Presence of
infectious and skin diseases, acute rheumatoid arthritis,
wounds or skin infections at the site of acupressure
intervention Existence of speech or hearing problems
Addiction and alcohol using in person or his partner
Sexual problems before taking antidepressants Loss of
relatives or friends in the last six months Chronic
diseases such as cardiovascular, thyroid, arthritis,
diabetes, epilepsy, kidney disorders

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Data analyser

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The randomization method is simple. The random allocation sequence will be determined using the "computer Random generation" computer program. The sealed envelopes encoded and non-transparent (A and B) for the allocation of subjects to intervention (A) and control (B) groups will be used.

Blinding (investigator's opinion)

Double blinded

Blinding description

The double-blind method was such that the research units (after obtaining informed consent) and the data analyst were not aware of the allocation of the study groups.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Yasuj University of Medical Sciences

Street address

No. 7916839319, Shahid Jalil Ave., Yasuj Town, kohgiluyeh and boyer-ahmad

City

Yasuj

Province

Kohgilouyeh-va-Boyerahmad

Postal code

7916839319

Approval date

2020-11-25, 1399/09/05

Ethics committee reference number

IR.YUMS.REC.1399.159

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

Sexual dysfunction

ICD-10 code

F52

ICD-10 code description

Sexual dysfunction not due to a substance or known physiological condition

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

Score of sexual function based on Female sexual function index questionnaire

Timepoint

Before and two months after the intervention

Method of measurement

Female sexual function index questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Acupressure at point PC6 and sp6 for ten minutes at each point, twice a week for two months.

Category

Treatment - Other

2

Description

Control group: Acupressure at placebo point P1 and P2 for ten minutes at each point, twice a week for two months.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical office of project's physician

Full name of responsible person

Dr Nazir Hashemi

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No. 7916839319, Shahid Jalil Ave., Yasuj Town, Kohgiluyeh and Boyer-Ahmad

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7916839319

Phone

+98 74 3333 7251

Email

mohamadiyanvahab604@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Hossein Mari-Oriad

Street address

No. 7916839319, Shahid Jalil Ave., Yasuj Town, Kohgiluyeh and Boyer-Ahmad

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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

Yasouj 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

Yasouj University of Medical Sciences

Full name of responsible person

Sahar Zafari

Position

Student

Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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No. 7916839319, Shahid Jalil Ave., Yasuj Town, Kohgiluyeh and Boyer-Ahmad

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Sahar Zafari

Position

Student

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Person responsible for updating data

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Name of organization / entity

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Full name of responsible person

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Position

Student

Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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Kohgiluyeh and Boyer-Ahmad

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available