

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of acupressure on sleep quality of nurses in hospitals of Semnan University of medical sciences

Protocol summary

Summary

Purpose: The effect of acupressure on sleep quality of nurses in hospitals of Semnan University of Medical sciences. Study design: randomized cross-sectional. Research population: circulation working nurses. Inclusion criteria: working in circulatory shifts; willingness to participate in study. Exclusion criteria: discouraging from study. Research sample size: 56 nurses. Intervention: acupressure on Shenmen point (HT7) in two hands. Primary outcome: measurement of nurses' sleep quality. Intervention time: 5 minutes for each hand. Methods: Research samples divided randomly to two groups 1 and 2. Initially the sleep quality measured in two groups. In first stage, nurses in group 1 receive acupressure for three times in week for three weeks and nurses in group 2 receive acupressure in a false point as same times of group 1. Then sleep quality measured in two groups again. After 3 week washout period in second stage, two groups exchange. Group 1 receive acupressure in true point and group 2 receive acupressure in false point for three times in week for three weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201309285134N6**
Registration date: **2013-11-09, 1392/08/18**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-11-09, 1392/08/18

Registrant information

Name

Ali Fakhr-Movahedi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3365 4192

Email address

Alimovi49@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for Research, Semnan University of Medical Sciences

Expected recruitment start date

2013-10-23, 1392/08/01

Expected recruitment end date

2015-03-21, 1394/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on sleep quality of nurses in hospitals of Semnan University of medical sciences

Public title

Effect of acupressure on the nurses' sleep quality

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Circulation working nurses; willing to participate in study. Exclusion criteria: Menopause; discouraging from study; any lesion or cutaneous problems in intervening site; prior experience of acupuncture or acupressure; psychiatric disorders that need to daily medication; disease such as malignancy, lupus, cutaneous disorders, advance heart failure, insulin

dependent diabetes, asthma.

Age
No age limit

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **56**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical committee of Semnan university of medical sciences, Vice chancellor for research and technology

Street address

Vice Chancellor for research and technology of medical sciences, The central headquarters of Semnan university, Basij blvd

City

Semnan

Postal code

Approval date

2013-10-22, 1392/07/30

Ethics committee reference number

92/358299

Health conditions studied

1

Description of health condition studied

Sleep quality of nurses

ICD-10 code

F51.2

ICD-10 code description

A lack of synchrony between the sleep-wake schedule and the desired sleep-wake schedule for the individual's environment, resulting in a complaint of either insomnia or hypersomnia.

Primary outcomes

1

Description

Sleep quality

Timepoint

Before initiation of first stage, after termination of first stage, before initiation of second stage, after termination of second stage

Method of measurement

Pittsburgh sleep quality index

Secondary outcomes

empty

Intervention groups

1

Description

Acupressure on the Shimen (HT7) point by button wrist strap in intervention group

Category

Treatment - Other

2

Description

Acupressure spot on the false point by button wrist strap in placebo group

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Kosar hospital of Semnan

Full name of responsible person

Dr. Abdollahpoor

Street address

Alghadir squar, Golestan town

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research, Semnan University of Medical Sciences

Full name of responsible person

Dr. Raheb Ghorbani

Street address

Vice Chancellor for research and technology of medical sciences, The central headquarters of Semnan

university, Basij blvd

City

Semnan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research, Semnan 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

Name of organization / entity

Semnan university of medical sciences

Full name of responsible person

Ali Fakhr-Movahedi

Position

Assistant professor/ Faculty member

Other areas of specialty/work

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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