

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jul 2026

### The Effect of Uriculotherapy on Depression in Elderly

#### Protocol summary

##### Study aim

Determining the effect of uriculotherapy medicine on depression in the elderly in Kashan in 1399

##### Design

The study is a randomized clinical trial with control group (parallel groups), double-blind, on 52 patients. In the intervention group, uriculotherapy will be performed twice a day for 4 weeks, five days a week, using the DONG BANG brand of Wakaria brand made in Korea on the areas of Shenman, Zero, Hart, Antiperspirant and Master-Cerebral which are associated with depression. In the comparison group, only the seedless label is pasted on the points and no pressure is applied on the points.

##### Settings and conduct

Randomized clinical trial, with control group, double-blind (participants and outcome assessors) on eligible clients of selected comprehensive health centers in Kashan

##### Participants/Inclusion and exclusion criteria

Including criteria; Age 60 years and older, Willingness to participate in the study, Get a score higher than 25.5 from the COST tool, Iranian citizenship, Get a score higher than 5 from the GDS-15 tool, Ability to communicate in Persian, Organ health in the earlobe area and excluding criteria; Allergy to glue, Having a serious acute illness, Simultaneous use of other non-pharmacological methods, using of acupuncture or acupuncture for the past three months, addiction to drugs and alcohol, exposure to severe stress from 3 months before the start of the study, using of drugs that affect mood from three weeks before the start of the study, Existence of other known psychiatric disorders and mental retardation

##### Intervention groups

In the intervention group, uriculotherapy will be performed using the DONG BANG brand of Wakaria Sides. In the comparison group, only the seedless label is pasted on the points and no pressure is applied on the points.

##### Main outcome variables

score of depression

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20100211003329N6**

Registration date: **2021-04-01, 1400/01/12**

Registration timing: **prospective**

Last update: **2021-04-01, 1400/01/12**

Update count: **0**

##### Registration date

2021-04-01, 1400/01/12

##### Registrant information

##### Name

Zahra Sooki

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 5554 0021

##### Email address

sooki\_z@kaums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-04-21, 1400/02/01

##### Expected recruitment end date

2021-07-23, 1400/05/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of Uriculotherapy on Depression in Elderly

**Public title**

The Effect of Uriculotherapy on Depression in Elderly

**Purpose**

Treatment

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

Age 60 years and older Willingness to participate in the study Get a score higher than 25.5 from the COST tool Iranian citizenship Get a score higher than 5 from the GDS-15 tool Ability to communicate in Persian Organ health in the earlobe area

**Exclusion criteria:**

Allergy to glue (allergies, redness) or any intolerance Having a serious acute illness, hospitalization, lack of access Simultaneous use of other non-pharmacological methods using of acupuncture or acupuncture for the past three months addiction to drugs and alcohol based on the contents of the electronic health record exposure to severe stress (such as death of loved ones) from 3 months before the start of the study using of drugs that affect mood from three weeks before the start of the study Existence of other known psychiatric disorders and mental retardation based on the contents of the electronic health record

**Age**

From **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant
- Outcome assessor

**Sample size**

Target sample size: **52**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

If subjects are satisfied with participating in the study, the selected qualifying samples will be randomly assigned to each of the two groups (intervention and control) in the form of block randomization in the form of 4 and 6 blocks. Using the Sealed Envelope Ltd software. 2017 Available Through [www.sealedenvelope.com](http://www.sealedenvelope.com) 4 -4-block and 6 -6-block, overall 10 blocks were defined that the allocation to groups would be based on the order specified by the software.

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

Participants and outcome assessors are unaware of the nature of the seals pasted on participants' ears.

**Placebo**

Used

**Assignment**

Parallel

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

empty

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

Kashan University of Medical Sciences Ethics Committee

**Street address**

Kashan University of Medical Sciences, Pezeshk Blvd, Ghotb Ravandi Blvd, Kashan

**City**

kashan

**Province**

Isfahan

**Postal code**

8715981151

**Approval date**

2021-03-01, 1399/12/11

**Ethics committee reference number**

IR.KAUMS.NUHEPM.REC.1399.090

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

depression

**ICD-10 code**

F32.8

**ICD-10 code description**

Other depressive episodes

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

score of depression

**Timepoint**

Before the intervention - 4 weeks after the start of the intervention and 4 weeks after the end of the intervention

**Method of measurement**

Form 15 Questions for the Elderly Depression Scale (GDS-15)

**Secondary outcomes**

empty

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

uriculotherapy will be performed twice a day for four weeks, five days a week. In this group, Korean-made

Vakaria brand DONG BANG will be glued by a researcher on the points of Shenman, Zero, Hart, Antiperspirant, and Master-Cerebral that are associated with depression. The elderly will be instructed to press these sideways twice a day, 60 times each time with the index finger and thumb, according to the intended schedule. During the 4 weeks of the intervention, the labels will be affixed alternately on both ears by the researcher on a weekly basis. The labels are placed on the ear for five days each week and the elderly are instructed to remove them by the end of the fifth day or by those around them to prevent possible allergic reactions. It is also noted that if the Sides are separated during the five-day period, the researcher should be notified by telephone; In that case, the researcher, with the consent of the elderly person, will re-attach the sheets at his home, in the health center or wherever it is convenient for the elderly person. Each participant will be taught how to press the sidewalls by researcher. In addition, during the intervention, a weekly diary will be provided to the elderly person, in which he / she will specify the number of times each time the pressure and use of the new drug. The contents of the diary are organized using visual symbols in a way that can be understood and completed with simple training by all participants, including literate and illiterate. During the intervention period, all participants will be visited at the agreed location each week and new seeds will be affixed to them, and a diary will be delivered to them and another sheet will be delivered to them for the following week.

#### Category

Treatment - Drugs

## 2

#### Description

Control group: During the 4 weeks of the intervention, the labels will be affixed alternately on both ears by the researcher on a weekly basis. The labels are placed on the ear for five days each week and the elderly are instructed to remove them by the end of the fifth day or by those around them to prevent possible allergic reactions. It is also noted that if the Sides are separated during the five-day period, the researcher should be notified by telephone; In that case, the researcher, with the consent of the elderly person, will re-attach the sheets at his home, in the health center or wherever it is convenient for the elderly person. In addition, during the intervention, a weekly diary will be provided to the elderly person, in which he / she will specify signs of allergy and use of the new drug. The contents of the diary are organized using visual symbols in a way that can be understood and completed with simple training by all participants, including literate and illiterate. During the intervention period, all participants will be visited at the agreed location each week and new seeds will be affixed to them, and a diary will be delivered to them and another sheet will be delivered to them for the following week.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Comprehensive health centers Sadughi in Kashan

##### Full name of responsible person

zahra Tagharrobi

##### Street address

Kashan University of Medical Sciences, Pezeshk Blvd,  
Ghotb Ravandi Blvd, Kashan

##### City

Kashan

##### Province

Isfahan

##### Postal code

8715981151

##### Phone

+98 31 5554 0021

##### Fax

+98 31 5554 6633

##### Email

tagharrobi\_z@yahoo.com

### 2

#### Recruitment center

##### Name of recruitment center

Comprehensive health centers Samimi in Kashan

##### Full name of responsible person

zahra Tagharrobi

##### Street address

Kashan University of Medical Sciences, Pezeshk Blvd,  
Ghotb Ravandi Blvd, Kashan

##### City

kashan

##### Province

Isfahan

##### Postal code

8715981151

##### Phone

+98 31 5554 0021

##### Fax

+98 31 5554 6633

##### Email

tagharrobi\_z@yahoo.com

### 3

#### Recruitment center

##### Name of recruitment center

Comprehensive health centers Sahebazzaman  
Kashan

##### Full name of responsible person

zahra Tagharrobi

##### Street address

Kashan University of Medical Sciences, Pezeshk Blvd,  
Ghotb Ravandi Blvd, Kashan

##### City

kashan

##### Province

Isfahan

**Postal code**  
8715981151  
**Phone**  
+98 31 5554 0021  
**Fax**  
+98 31 5554 6633  
**Email**  
tagharrobi\_z@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Kashan University of Medical Sciences  
**Full name of responsible person**  
Dr. Hamid Reza Banafsheh  
**Street address**  
Kashan University of Medical Sciences, Pezeshk Blvd,  
Ghotb Ravandi Blvd, Kashan  
**City**  
kashan  
**Province**  
Isfahan  
**Postal code**  
8715981151  
**Phone**  
+98 31 5554 0021  
**Fax**  
+98 31 5554 6633  
**Email**  
banafsheh\_h@kaums.ac.ir

#### 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

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**  
Kashan University of Medical Sciences  
**Full name of responsible person**  
Zahra Tagharrobi  
**Position**  
Assistant Professor  
**Latest degree**

Ph.D.

#### Other areas of specialty/work

Nursery

#### Street address

Kashan University of Medical Sciences, Pezeshk Blvd,  
Ghotb Ravandi Blvd, Kashan

#### City

Kashan

#### Province

Isfahan

#### Postal code

8715981151

#### Phone

+98 31 5554 0021

#### Fax

+98 31 5554 6633

#### Email

tagharrobi\_z@yahoo.com

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Kashan University of Medical Sciences  
**Full name of responsible person**  
Zahra Tagharrobi  
**Position**  
Assistant Professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**

Nursery

#### Street address

Kashan University of Medical Sciences, Pezeshk Blvd,  
Ghotb Ravandi Blvd, Kashan

#### City

kashan

#### Province

Isfahan

#### Postal code

8715981151

#### Phone

+98 31 5554 0021

#### Fax

+98 31 5554 6633

#### Email

tagharrobi\_z@yahoo.com

## Person responsible for updating data

#### Contact

**Name of organization / entity**  
Kashan University of Medical Sciences  
**Full name of responsible person**  
zahra Sooki  
**Position**  
Assistant Professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
reproductive health

**Street address**

Kashan University of Medical Sciences, Pezeshk Blvd,  
Ghotb Ravandi Blvd, Kashan

**City**

kashan

**Province**

Isfahan

**Postal code**

8715981151

**Phone**

+98 31 5554 0021

**Fax**

+98 31 5554 6633

**Email**

z.sooki@yahoo.com

**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**

Not done yet

**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