

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of acupuncture points stimulation with transcutaneous electrical acupoint stimulation device on sleep quality and menopausal symptoms in postmenopausal women

Protocol summary

Study aim

Study the effect of acupuncture points stimulation with transcutaneous electrical acupoint stimulation device on sleep quality and menopausal symptoms in postmenopausal women

Design

This study is a non-blind clinical trial with a parallel design and a control group. The study population will include all postmenopausal women referring to Sanandaj health center. 39 eligible people will be selected conveniently. Random blocks are used for randomization and participants are assigned to three groups (one intervention group and two controls).

Settings and conduct

This study is a non-blinded clinical trial. In this study, acupuncture will be performed with electrical impulses with a voltage of 3.5 volts, a frequency of 2.5 Hz, and a current of 500 microamperes.

Participants/Inclusion and exclusion criteria

Inclusion criteria: no history of acupuncture; A minimum of one year and a maximum of 4 years have elapsed since the last menstrual period; No use of hormone therapy for the past 6 months; A normal menopause
Exclusion criteria: Very severe menopausal symptoms that affect sleep quality; Severe depressive disorder and anxiety; Drug addiction

Intervention groups

In the intervention group, six bilateral HT7, P6, and LI4 acupuncture points will be performed for four weeks twice a week (eight sessions) for five minutes each time for fifty seconds for each point. In the first control group, six bilateral HT7, P6, and LI4 acupuncture points will be performed for four weeks twice a week (eight sessions) for five minutes each time for fifty seconds for each point, but the device is off. In the second control group, no intervention will be performed

Main outcome variables

Sleep quality, Flushing

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130812014333N167**

Registration date: **2021-04-18, 1400/01/29**

Registration timing: **prospective**

Last update: **2021-04-18, 1400/01/29**

Update count: **0**

Registration date

2021-04-18, 1400/01/29

Registrant information

Name

Feizollah Foroughi

Name of organization / entity

kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 83 1821 4653

Email address

fforoughi@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-20, 1400/02/30

Expected recruitment end date

2021-11-21, 1400/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty
Trial completion date
empty

Scientific title
The effect of acupuncture points stimulation with transcutaneous electrical acupoint stimulation device on sleep quality and menopausal symptoms in postmenopausal women

Public title
The effect of acupuncture points stimulation on sleep quality and menopausal symptoms in postmenopausal women

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
No history of acupuncture; A minimum of one year and a maximum of 4 years have elapsed since the last menstrual period No use of hormone therapy for the past 6 months A normal menopause
Exclusion criteria:
Very severe menopausal symptoms that affect sleep quality Severe depressive disorder and anxiety Drug addiction

Age
From **47 years** old to **57 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **39**

Randomization (investigator's opinion)
Randomized

Randomization description
The permutation random block is used for randomization. In this way, first, the total sample size and the ratio of sample size in groups are determined. Then, the number of samples will be selected from the table of random numbers of single-digit numbers between 0 and 9. For studies with two groups, the numbers 0-9 are divided into two equal blocks with a probability of assigning an individual to each block is 0.5. Block 4-0 for the first group and block 5-9 for the second treatment can be used. Based on the selected numbers from the table of random numbers and the determination of blocks, it is clear in which group each person who enters the study will be placed.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kermanshah University of Medical Sciences

Street address

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences, Building No.2, Shahid Beheshti Boulevard

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Approval date

2021-03-09, 1399/12/19

Ethics committee reference number

ir.kums.rec.1400.001

Health conditions studied

1

Description of health condition studied

Quality of Sleep

ICD-10 code

G47.9

ICD-10 code description

Sleep Disorder, Unspecified

2

Description of health condition studied

Menopausal symptoms

ICD-10 code

N95.1

ICD-10 code description

Menopausal and female climacteric states

Primary outcomes

1

Description

Sleep quality

Timepoint

End of the intervention and one month after the end of the intervention

Method of measurement

Based on the Pittsburgh Sleep Quality Questionnaire

2

Description

Flushing

Timepoint

Before and after the intervention (one month later)

Method of measurement

Using the Visual Scale (VAS)

Secondary outcomes

empty

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

In the intervention group, six bilateral HT7, P6 and LI4 acupuncture points will be performed for four weeks twice a week (eight sessions) for five minutes each time for fifty seconds for each point.

Category

Treatment - Other

2**Description**

In the first control group, six bilateral HT7, P6 and LI4 acupuncture points will be performed for four weeks twice a week (eight sessions) for five minutes each time for fifty seconds for each point, but the device is off.

Category

Other

3**Description**

In the second control group, no intervention will be performed

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Sanandaj Health Center

Full name of responsible person

Somayeh Parvandi

Street address

Salahuddin Ayoubi Street, Taleghani Street

City

Sanandaj

Province

Kurdistan

Postal code

6917413142

Phone

+98 87 3226 6531

Email

sheydarpour@kums.ac.ir

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Reza Khodarahmi

Street address

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences, Building No.2, Shahid Beheshti Boulevard

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Phone

+98 83 3836 0014

Email

rkhodarahmi@kums.ac.ir

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

Yes

Title of funding source

Kermanshah 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**

Kermanshah University of Medical Sciences

Full name of responsible person

Somayeh Parvandi

Position

Master student in midwifery counseling

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Isar Square, Dolatabad Blvd, Faculty of Nursing and Midwifery

City

Kermanshah

Province

Kermanshah

Postal code
6715847141
Phone
+98 83 3826 6429
Email
sheydarpour@kums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Dr. Sosan Heydarpour
Position
Faculty member of Kermanshah University of Medical Sciences
Latest degree
Ph.D.
Other areas of specialty/work
Reproductive Health
Street address
Isar Square, Dolatabad Blvd, Faculty of Nursing and Midwifery
City
Kermanshah
Province
Kermanshah
Postal code
6715847141
Phone
+98 83 3826 6429
Email
sheydarpour@kums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Somayeh Parvandi
Position
Master student in midwifery counseling
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
Isar Square, Dolatabad Blvd, Faculty of Nursing and Midwifery
City
Kermanshah
Province
Kermanshah
Postal code
6715847141
Phone
+98 83 3826 6429
Email
sheydarpour@kums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
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