

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

The effect of acupressure on test anxiety in medical students

Protocol summary

Study aim

Evaluation of the effect of acupuncture on test anxiety

Design

A controlled clinical trial, with parallel groups, single-blind, randomized, on 114 medical students. Random blocking is used for randomization.

Settings and conduct

Acupressure has been proposed in the treatment of test anxiety today. This study is performed on medical students of Kermanshah. Samples will be divided into intervention and control groups (57 people in each group) based on random blocking. Participants are unaware of the type of allocation to intervention and control groups. The Shen Men point is used in the intervention group. This point is pressed in a circular, gentle, and uniform manner with the index finger for ten minutes. For the control group, an ineffective sham point is used and pressed in the same way as the intervention group. Before and after the intervention, the test anxiety questionnaire is completed by both groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: studying medicine; having an exam according to the approved program of the faculty.
Exclusion criteria: history of mental illness; using psychotropic drugs (anti-anxiety and anti-depressant drugs) from one week before the study; having thyroid disease, and smoking.

Intervention groups

The groups include two groups of intervention and control. To apply acupressure in the intervention group, the Shen Men point is used, which is located in the upper wall of the ear cavity on the non-dominant side. This point is pressed in a circular, gentle, and uniform manner with the index finger for ten minutes. In the control group, the intervention is performed at the Sham point, which has no therapeutic effect. The location of this point is the outer corner of the left eyebrow and the beginning of the ear canal (non-dominant side).

Main outcome variables

Test anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20100913004736N24**

Registration date: **2022-01-12, 1400/10/22**

Registration timing: **prospective**

Last update: **2022-01-12, 1400/10/22**

Update count: **0**

Registration date

2022-01-12, 1400/10/22

Registrant information

Name

Alireza Khatony

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 83 3827 9394

Email address

akhatony@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-21, 1400/11/01

Expected recruitment end date

2022-02-04, 1400/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on test anxiety in medical students

Public title

The effect of acupressure on test anxiety

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Studying medicine Having an exam based on the approved program of the faculty Willingness to participate in the study

Exclusion criteria:

Having a history of mental illness Use of psychotropic drugs (anti-anxiety and anti-depressant drugs) from one week before the study Having thyroid disease Smoking

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **114**

Randomization (investigator's opinion)

Randomized

Randomization description

The participants are randomly assigned to intervention and control groups. Randomization unit: individual Randomization tool: statistical software Blocks are generated by the software. Allocation concealment: The study is single-blind and participants are unaware of the assigned group.

Blinding (investigator's opinion)

Single blinded

Blinding description

The participants do not know the type of group assigned.

Placebo

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

Shahid Beheshti St.

City

Kermanshah

Province

Kermanshah

Postal code

6714634698

Approval date

2021-12-12, 1400/09/21

Ethics committee reference number

IR.KUMS.MED.REC.1400.093

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

Anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

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

Test anxiety

Timepoint

Before and after acupressure, test anxiety is measured using a questionnaire. Acupressure time is half an hour before the test.

Method of measurement

Sarason (1975) questionnaire is used to measure test anxiety.

Secondary outcomes

empty

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

Intervention group: Shen Men point is used which is located in the upper wall of the ear cavity on the non-dominant side. This point is pressed unilaterally, for ten minutes with the index finger in a circular, gentle, and uniform manner, by male or female researchers (according to the gender of the students). The samples are unaware of which group they belong to.

Category

Treatment - Other

2**Description**

Control group: For the control group, the sham point is used in a similar way, which is located in the outer corner of the left eyebrow and at the beginning of the non-dominant side of the ear cavity. The study is a single-blind study, and the samples are unaware of which group they belong to.

Category

Treatment - Other

Recruitment centers1**Recruitment center****Name of recruitment center**

School of Medicine

Full name of responsible person

Alireza Khatony

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Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Kermanshah University of Medical Sciences

Full name of responsible person

Reza Khodarahmi

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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

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

Alireza Khatony

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

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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

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available