

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

comparative evaluating the effect of acupressure and reflexology on constipation in pregnant women in health center of birjand

Protocol summary

Study aim

determining the effect of acupressure and reflexology on constipation in pregnant women in health centers

Design

clinical trial with intervention and control group of phase zero randomization on 90 patient

Settings and conduct

this study is performed on 90 pregnant women aged 12 to 32 week who meet the inclusion criteria in health centers of birjand city by simple randomization

Participants/Inclusion and exclusion criteria

do you have constipation or moderate to high severity meaning someone has a score of 9 on the pregnancy constipation scale in the last three days

Intervention groups

group acupressure-group reflexology-controlled

Main outcome variables

severe constipation

Iran (Islamic Republic of)

Phone

+98 56 3220 0069

Email address

fahimejamshidi1366@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-11-28, 1400/09/07

Expected recruitment end date

2021-12-28, 1400/10/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparative evaluating the effect of acupressure and reflexology on constipation in pregnant women in health center of birjand

Public title

comparative evaluating the effect of acupressure and reflexology on constipation in pregnant women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

single pregnancy you have moderate constipation being in the 12- 32 week of pregnancy no gastrointestinal disease no history of colon surgery no diabetes do not take intestinal stimulant drugs do not take medication that cause or aggravate constipation no hyperthyroidism no anxiety disorders

Exclusion criteria:

a score below 9, compared to a constipation test in the last three days

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210626051706N1**

Registration date: **2021-12-20, 1400/09/29**

Registration timing: **registered_while_recruiting**

Last update: **2021-12-20, 1400/09/29**

Update count: **0**

Registration date

2021-12-20, 1400/09/29

Registrant information

Name

fahime jamshidi

Name of organization / entity

Country

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 90

Randomization (investigator's opinion)

Randomized

Randomization description

in this study ,among the health centers of birjand city from an area that were cully,socially and economically similar,were selected by available sampling method and then by simple random method one center as an acupressure group , one center as a reflexology group and another center of control group was selected

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 birjand university of medical sciences

Street address

18,5 Pirozi,2GHaffari

City

birjand

Province

South Khorasan

Postal code

97711876411

Approval date

2021-02-14, 1399/11/26

Ethics committee reference number

lr.bums.REC.1399.504

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

constipation in pregnancy

ICD-10 code

K59.0

ICD-10 code description

Constipation

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

severe constipation

Timepoint

before studying the first week ,the second week,the third week,the fourth week

Method of measurement

pregnancy constipation questionnaire

Secondary outcomes

empty

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

the first group of acupressure intervention that massage in two points li11 and st36 by sixty people with a pressure of 3 to 4 kg for 16 minutes 12 times

Category

Other

2**Description**

intervention group 2 reflexology group massage in the area of large and small intestine in the sole of the foot at the rate of 4 to 5 kg per foot for 8 minutes in 12 turns

Category

Other

3**Description**

Control group: has not received any intervention

Category

Other

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

Birjand health centers

Full name of responsible person

Fahime Gamshidi

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Phone

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Email

Fahimejamshidi1366@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Mohamad Hasan Namaei

Street address

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City

Birjand

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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

Birjand 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

Birjand University of Medical Sciences

Full name of responsible person

Fahime Gamshidi

Position

Senior nursing student

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Fahime Gamshidi

Position

Senior nursing student

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Fahime Gamshidi

Position

Senior nursing student

Latest degree

Master

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

all data can be shared after being unidentified

When the data will become available and for how long

access period starts 3 months after printing

To whom data/document is available

university researchers

Under which criteria data/document could be used

there is no condition for access

From where data/document is obtainable

request a personal email

What processes are involved for a request to access data/document

request a personal email

Comments