Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluation the effect of acupressure on occupational stress and self-efficacy in nurses working in the emergency department

Protocol summary

Study aim
Determining the effect of acupressure on job stress and self-efficacy of nurses

Design
Randomized clinical trial, with sham and intervention groups, with parallel, randomized groups, on 60 nurses. The permutation block method will be used for randomization.

Settings and conduct
The location of the project is the emergency department of large hospitals, Heshmatieh and Emdad. Nurses are divided into two groups of sham and intervention using random allocation. First, the demographic information form will be completed by the nurses and also before the intervention and two weeks after the intervention, the Toft-Anderson and Sherer questionnaires will be completed.

Participants/Inclusion and exclusion criteria
Inclusion criteria: 1.Nurses working in emergency departments who wish to participate in research 2. Age 55-25 years 3. Nurses who have more than 6 months of work experience. 4. Conscious consent to participate in the research 5. Lack of familiarity with acupressure or history of its use. Exclusion criteria: 1. Addiction to drugs and psychotropic drugs, 2. People who have taken the prescribed drug in the last three months, 3. People with a history of mental disorders such as depression and anxiety, 4. People with skin lesions at the site Acupressure, 5. Pregnancy and lactation.

Intervention groups
intervention group: 2 points P6 and H7, which are used to reduce anxiety and stress and affect self-efficacy, are identified in the hand area. The applied pressure is equal to 3-4 kg and using the thumb of both hands, will be applied separately by the researcher on each point for 4 minutes (3 days a week for 2 weeks). When the pressure is applied correctly, participants will feel heaviness, numbness and heat in the area. sham group (pseudo acupoint): the pressure is applied 2 cm away from the main points with the same method and time

Main outcome variables
occupational stress, self-efficacy

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220406054439N1**
Registration date: **2022-05-27, 1401/03/06**
Registration timing: **registered_while_recruiting**

Last update: **2022-05-27, 1401/03/06**
Update count: **0**

Registration date
2022-05-27, 1401/03/06

Registrant information

Name
Milad Davari

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-05-22, 1401/03/01

Expected recruitment end date
2022-07-23, 1401/05/01

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the effect of acupressure on occupational stress and self-efficacy in nurses working in the emergency department

Public title

Evaluation the effect of acupressure on occupational stress and self-efficacy in nurses working in the emergency department

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Nurses who work in the emergency department and voluntarily and without cognitive impairment, with full consciousness, the ability to communicate with verbal and non-verbal language, auditory and spoken ability, the ability to understand the objectives of the study and willingness to participate in this research. Age 55-25 years Nurses who have more than 6 months of work experience. Conscious consent to enter and participate in research Lack of familiarity with acupressure or history of its use

Exclusion criteria:

Addiction to drugs and psychotropic drugs People who have taken prescribed medication in the last three months People with a history of mental disorders such as depression and anxiety People with skin lesions at the site of acupressure Pregnancy and lactation

Age

From **25 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Samples will be selected by easy sampling method and then randomly divided into intervention and sham groups. In this study, individuals are divided into two groups using permutation blocks. In this method, the letter A represents a person in the intervention group and B represents a person in the sham group. Considering the quadruple block, we give AABB code 0, ABAB code 1, ABBA code 2, BAAB code 3, BBAA code 4 and BABA code 5. Then, using a table of random numbers, we randomly select the starting point, followed by 15 numbers in a row or column. Considering the order of the numbers in the table, we place the permutation for each number we encounter. For example, if the first three numbers in the random table are 2, 0 and 1, respectively, the order of receiving treatment by the first 12 people in the two groups, respectively. From left to right will be ABBAAABBABAB. Therefore, finally, by selecting fifteen numbers from the table, the method of allocating a total of 60 people to the two groups will be determined.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study is single blind and only the participant is not aware of this case which is in the intervention group or sham.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Sabzevar university of medical sciences

Street address

No. 31, Towhid shahr Ave, Shohada Gomnam Blvd, campus of Sabzevar University of Medical Sciences, sabzevar

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Sabzevar

Province

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Postal code

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Approval date

2022-05-01, 1401/02/11

Ethics committee reference number

IR.MEDSAB.REC.1401.003

Health conditions studied

1

Description of health condition studied

Occupational stress

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

2

Description of health condition studied

Self-efficacy

ICD-10 code

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ICD-10 code description

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Primary outcomes

1

Description
occupational Stress
Timepoint
Before the intervention and 2 weeks after the intervention
Method of measurement
Nursing Stress Scale (ENSS) gray- toft and anderson

2

Description
self-efficacy
Timepoint
Before the intervention and 2 weeks after the intervention
Method of measurement
Sherer self-efficacy scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In order to perform the intervention, 2 points P6 and H7, which are used to reduce anxiety and stress and affect self-efficacy, are identified in the hand area. The applied pressure is equivalent to 3-4 kg and using the thumb of both hands, separately by the researcher on each point for 4 minutes in each hand (first on the right hand and then on the left hand), Will be applied (three days a week for 2 weeks). When the pressure is applied correctly, participants will feel heaviness, numbness and heat in the area.
Category
Other

2

Description
Intervention group: Intervention group: In sham group (pseudo acupoint), the pressure is applied at a distance of 2 cm from the main points with the same method and time.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Vasei Hospital
Full name of responsible person
Milad Davari
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2

Recruitment center
Name of recruitment center
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3

Recruitment center
Name of recruitment center
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
Sabzevar 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
Sabzevar University of Medical Sciences
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Position
Master student of Emergency Nursing
Latest degree
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Person responsible for updating data

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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
There is no more information.
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