

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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)

Phone

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Email address

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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
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Postal code
9617913112- 31 صندوق

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

Street address

Vasei Hospital, Tohid Shahr Blvd, Sabzevar

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2

Recruitment center

Name of recruitment center

Heshmatie Hospital

Full name of responsible person

Milad Davari

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Heshmatie Hospital, Asadabadi Street, Sabzevar

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3

Recruitment center

Name of recruitment center

Emdad Shahid Doctor Beheshti Hospital

Full name of responsible person

Milad Davari

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Emdad Shahid Doctor Beheshti Hospital, Razi Street, Sabzevar

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Fereshteh Ghorat

Street address

Vice Chancellor for Research and Technology, Towhid shahr Ave, Shohada Gomnam Blvd, campus of Sabzevar University of Medical Sciences, sabzevar

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vcResearch@medsab.ac.ir

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

Full name of responsible person

Milad Davari

Position

Master student of Emergency Nursing

Latest degree

Bachelor

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

Mohammadreza Ghasemi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Position

Master student of Emergency Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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