Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effectiveness of Acupressure on Sleep Quality and Quality of Life in Hemodialysis Patients

Protocol summary

Summary

The study will conduct to investigation of acupressure effectiveness on sleep quality and quality of Life in hemodialysis Patients. In this controlled clinical trail, 108 hemodialysis patients will select from Emam Reza and Hasheminejad hospitals via convenience sampling, then the subjects randomly allocate to three groups (true acupoint group, pseudo acupoint group and control group). At least six mounts history of hemodialysis and greater than five score in Pittsburgh sleep quality index are necessary for including to the study. Patient hospitalization in intensive care unit, consumption of psychiatric drugs and distortion in mental status lead to exclusion of subjects from the study. Subjects in true acupoint group will receive acupressure in hand shenmen points for one month, three times weekly, placebo acupoint group will experience massage in pseudo points with about 1-1.5 cm distance near to the true points and will not do any intervention in control group. Intervention will be take place in hemodialysis unit by a trained practitioner. Pre and post test for measurement of sleep and life quality will do with Pittsburgh sleep quality index, sleep log and short form quality of life questionnaire (SF-36).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106145864N2**
Registration date: **2011-08-26, 1390/06/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-08-26, 1390/06/04

Registrant information

Name
Ali Reza Shariati
Name of organization / entity
Golestan Medical Sciences University
Country
Iran (Islamic Republic of)
Phone
+98 17 1442 6900
Email address
shariaty@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Golestan Medical Sciences University

Expected recruitment start date

2011-04-10, 1390/01/21

Expected recruitment end date

2011-06-11, 1390/03/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Acupressure on Sleep Quality and Quality of Life in Hemodialysis Patients

Public title

Acupressure Effectiveness on Quality of Sleep and Quality of Life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria Age between 18-70 years; At least 6 months history of hemodialysis; Having dossier in hemodialysis center; Three time hemodialysis in week

and four hours for each session; Five or greater score in Pittsburgh sleep quality index; Having complete alertness, hearing and speech ability; Having reading and writing ability and ability for sleep chart completion. Exclusion criteria Hospitalization in intensive care unit or death during intervention; Developing a psychiatric disorders and consumption of psychiatric drugs; Cancer; Lupus erythematosus; dermatological disease; Advanced heart failure; insulin depended diabetes; stroke; Presence mental or physical disabilities; Amputation or sore in acupoint.

Age
From **17 years** old to **70 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **108**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethic Committee of Golestan Medical Sciences University

Street address
Golestan Medical Sciences University (Falsafi Complex), Shast Kola, 5th km of Gogan to Sari Road, Gorgan

City
Gorgan

Postal code

Approval date
2011-04-09, 1390/01/20

Ethics committee reference number
57/35

Health conditions studied

1

Description of health condition studied
Sleep Problems

ICD-10 code
F51.0

ICD-10 code description
Nonorganic Insomnia

2

Description of health condition studied
Chronic Renal Filure

ICD-10 code
N18

ICD-10 code description
Chronic Renal Failure

Primary outcomes

1

Description
Quality of Sleep

Timepoint
Before and After of Intervention

Method of measurement
Pittsburgh Sleep Quality Index and Sleep Log

Secondary outcomes

1

Description
Quality of Life

Timepoint
Before and After of Intervention

Method of measurement
Quality of Life Questionnaire (SF-36).

Intervention groups

1

Description
True acupoint group, acupressure in hand shenmen points for one month, three times weekly

Category
Other

2

Description
Placebo acupoint group, massage in pseudo points with about 1-1.5 cm distance near to the true points for one month, three times weekly

Category
Other

3

Description

Control group, without any intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Reza Hospital

Full name of responsible person

Street address

Emam Reza Sq, Mashhad

City

Mashhad

2

Recruitment center

Name of recruitment center

Shahid Hasheminejad Hospital

Full name of responsible person

Street address

Andisheh St, Tollab St, Mashhad

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Golestan Medical Sciences University

Full name of responsible person

Dr Mohammad Ali Vakili

Street address

Golestan Medical Sciences University (Falsafi Complex), Shast Kola, 5th of Gogan to Sari Road, Gorgan

City

Gorgan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice Chancellor for Research, Golestan Medical Sciences University

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Faculty of Nursing and Midwifry

Full name of responsible person

Ali Reza Shariati

Position

Master in Nursing

Other areas of specialty/work

Street address

Golestan Medical Sciences University (Falsafi Complex), Shast Kola, 5th of Gorgan to Sari , Gorgan

City

Gorgan

Postal code

Phone

+98 17 1442 6900

Fax

+98 17 1442 5171

Email

shariati1382@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Golestan Medical Sciences University

Full name of responsible person

Ali Reza Shariati

Position

Master in Nursing

Other areas of specialty/work

Street address

Golestan Medical Sciences University (Falsafi Complex), Shast Kola, 5th km of Gorgan to Sari Road , Gorgan

City

Gorgan

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Phone

+98 17 1442 6900

Fax

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shariati1382@yahoo.com

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Person responsible for updating data

Contact

Name of organization / entity

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Fax
+98 17 1442 5171
Email
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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty