

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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 months 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)

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+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
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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

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
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Master in Nursing
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Person responsible for updating data

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

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Study Protocol

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Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty