Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Aug 2026

The effect of ear acupressure (Auriculotherapy) on cognitive failure in nurses

Protocol summary

Study aim
The effect of ear acupressure (Auriculotherapy) on cognitive failure in nurses, Kashan, 2022

Design
Clinical trial type study with control group with parallel groups, single blind, randomized, on 56 patients, for block randomization of Sealed Envelope Ltd. software. 2017 available through www.sealedenvelope.com, a total of 9 blocks, 4 blocks of 4 and 5 blocks of 8, defined.

Settings and conduct
A randomized clinical trial with a control group and a blind strain (participants) on qualified nurses in Shahid Beheshti Hospital in Kashan.

Participants/Inclusion and exclusion criteria
Entry criteria include: moderate to high cognitive impairment (getting a score of 40 or higher on the Occupational Cognitive Status Questionnaire), working in inpatient wards (direct patient care), having a work experience of at least 2 years in the hospital, the criteria for not entering include: suffering from a chronic physical illness or known psychological disorders according to the individual's own statement, hospitalization, suffering from a serious and acute physical or mental illness during the study, taking treatment, acute and severe stress (death of loved ones, divorce,...) During the study, consumption of cigarettes, drugs and alcohol according to the individual, use of acupressure or acupuncture during the last three months.

Intervention groups
In the auriculotherapy intervention group, using ZHONG YANG brand vaccaria seeds, made in China, on the Shan Man point, zero point, hippocampus, main brain point, brain and memory 1 and 2, which are related to cognitive function, for six weeks, five days a week, every Press each point three times a day and each time for one minute. In the control group, adhesives will be applied at the desired points but without grains and no pressure will be applied on them.

Main outcome variables
Cognitive failure score

General information

Reason for update
Changing the date of the ethics committee and the start of sampling

Acronym

IRCT registration information
IRCT registration number: **IRCT20100211003329N10**
Registration date: **2022-11-04, 1401/08/13**
Registration timing: **registered_while_recruiting**

Last update: **2022-11-16, 1401/08/25**
Update count: **1**

Registration date
2022-11-04, 1401/08/13

Registrant information

Name
Zahra Sooki

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 31 5554 0021

Email address
sooki_za@kaums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-11-02, 1401/08/11

Expected recruitment end date
2023-03-02, 1401/12/11

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of ear acupressure (Auriculotherapy) on cognitive failure in nurses

Public title

The effect of ear acupressure (Auriculotherapy) on cognitive failure in nurses

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Working in inpatient departments (direct patient care) Having a work experience of at least 2 years at the bedside Consent to participate in the study Having a university degree in nursing Moderate to high cognitive failure (getting a score of 40 or higher on the Occupational Cognitive Status Questionnaire) The health of an organ in the area of the earlobe

Exclusion criteria:

Lack of access to samples during the study (emigration, death, etc.) Hospitalization Acute and severe stress (death of loved ones, divorce,...) during the study Allergy to glue (sensitivity, redness, etc.) or any intolerance Non-observance of the intended criterion in relation to the daily average duration of pressure to all points in each week of the intervention Simultaneous use of other non-pharmacological methods Treatment Serious and acute physical or mental illness during the study using acupressure or acupuncture during the last three months using cigarettes, drugs and alcohol according to the person's own statement pregnancy

Age

From **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **56**

Randomization (investigator's opinion)

Randomized

Randomization description

the eligible samples will be placed in the list in the order of review and then will be allocated to each of the two intervention and control groups by block randomization in the form of blocks of 4 and 8. Using Sealed Envelope Ltd software. 2017 available through the website www.sealedenvelope.com 4 blocks of 4 and 5 blocks of 8, a total of 9 blocks were defined, which will be assigned to groups based on the order specified by the mentioned tool.

Blinding (investigator's opinion)

Single blinded

Blinding description

The participants are unaware of the nature of the seeds attached to their ears.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees of Faculty of Medicine & Faculty of Dentistry- Kashan University of Medic

Street address

Kashan University of Medical Sciences, Pezeshk Blvd, Qutb Rawandi Blvd, Kashan

City

kashan

Province

Isfehan

Postal code

87155981151

Approval date

2022-10-23, 1401/08/01

Ethics committee reference number

IR.KAUMS.MEDNT.REC.1401.140

Health conditions studied

1

Description of health condition studied

Cognitive failure

ICD-10 code

G31.84

ICD-10 code description

Mild cognitive impairment, so stated

Primary outcomes

1

Description

Cognitive failure score

Timepoint

Before the intervention, 6 weeks after the start of the intervention and 4 weeks after the end of the intervention

Method of measurement

The 30-question form of occupational cognitive failure questionnaire (OCFQ)

Secondary outcomes

1

Description
Allergy to seed
Timepoint
weekly
Method of measurement
Diary sheet

Intervention groups

1

Description
Intervention group: In the intervention group, researcher seed vaccaria Mark ZHONG YANG, made in China, will stick the 7 points related to cognitive function, including: Shen Men, zero point, hippocampus, main brain point, brain and memory 1 and 2 and to the unit The research (nurse) will be taught to press the points using the thumb and forefinger for six weeks, five days a week and three times a day, and each time each point for one minute. It should be noted that during the 6 weeks of the intervention, Vaccaria seeds will be stuck by the researcher alternately on both ears every week, after cleaning the skin with alcohol cotton. seeds will be placed on the ear five days a week and the patient will be asked to remove the adhesives at the end of the fifth day to prevent possible allergic reaction. The patient will be instructed to contact the researcher in case the adhesives are separated during the five-day period so that the researcher will re-attach the adhesives in the agreed place. During the intervention, a daily note sheet will be provided to the nurse every week, in which the number of times of pressure and the duration of pressure to all points each time, the occurrence of allergic reactions and the start of new medication will be determined. During the intervention period, every week all the participants will be visited at the agreed place and new stickers will be attached to them, and a daily note sheet will be given to them and another sheet will be given to them for the next week. If in the intervention group, the average duration of pressure on all points during each week of the intervention is less than 14 minutes per day, that person will be excluded from the study. Sticking the seeds will continue for 6 weeks and the samples will be followed up 4 weeks after the end of the intervention. Occupational cognitive impairment questionnaire will be completed by the samples at the beginning of the study, after the end of the intervention and 4 weeks after the end of the intervention. At the time of sampling, the workplace address and phone number of the samples were recorded, and during the intervention period, at the end of each week, also in order to follow up 4 weeks after the end of the intervention, by phone regarding the time and place of the visit and if necessary Transportation will be coordinated with him.
Category
Treatment - Drugs

2

Description
Control group: In the control group, adhesives will be applied to the points of shen men, zero point, hippocampus, main brain point, brain and memory 1 and 2, but without seeds and no pressure will be applied on them. It should be noted that during the 6 weeks of the intervention, in the control group, non-seeds adhesives will be applied alternately on both ears by the researcher every week after cleaning the skin with alcohol cotton. Seeds will be placed on the ear five days a week and the patient will be asked to remove the adhesives at the end of the fifth day to prevent possible allergic reaction. The patient will be instructed to contact the researcher in case the adhesives are separated during the five-day period so that the researcher will re-attach the adhesives in the agreed place.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Beheshti Hospital, Kashan
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Kashan 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
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Zahra Tagharrobi
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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
Not done yet
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