

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison the effect of moxibustion & acupressure at the point sp6 on severity of primary dysmenorrhea

#### Protocol summary

##### Summary

General objective: Comparison the effect of moxibustion & acupressure at the point sp6 on the severity of dysmenorrhea in female students residing in dormitories of Islamic Azad University of Sabzevar in 2015. Design of the study: Methods of study: A) The study population: all female students of primary dysmenorrhea residing in dormitories of Islamic Azad University of Sabzevar in 2015. Study Sample: all female students residing in dormitories of Islamic Azad University of Sabzevar in 2015; groups: moxibustion and acupressure; Sample size: 100; Randomized. Setting and conduct: clinical trial; Inclusion criteria: being single; age between 18 - 25 year old; girls with primary dysmenorrhea that the pain intensity as moderate to severe based McGill ruler; do not suffering from chronic diseases (diabetes, hypertension, cardiac diseases, infectious diseases, liver, kidney); regular menstruation (period between 21 - 35 days); have not any symptoms of itching, abnormal discharge during study; the absence of ulcer, varicose, cutaneous and inflammatory diseases at the point sp6. Exclusion criteria: individual's consent to continue participating in the study; pelvic known pathology(myoma, pelvic tumor, endometriosis, PID) during the study; improper use of moxibustion & acupressure; any use of herbal drug during the study; Sensitivity to moxa. Intervention in study: use moxibustion & acupressure; Intervention duration: Twice with an interval of 48 hours before their bleeding and 2 first day of bleeding. The primary outcome: reduce primary dysmenorrheal after intervention.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201505236807N17**

Registration date: **2015-08-04, 1394/05/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-08-04, 1394/05/13

##### Registrant information

###### Name

Sedigheh Amir Ali Akbari

###### Name of organization / entity

Shahid Beheshti University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 2272 9240

###### Email address

akbarisedd@sbmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

The International Branch of Shahid Beheshti University of Medical Sciences& Health Services

##### Expected recruitment start date

2015-02-14, 1393/11/25

##### Expected recruitment end date

2015-06-15, 1394/03/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison the effect of moxibustion & acupressure at the point sp6 on severity of primary dysmenorrhea

##### Public title

Comparison the effect of moxibustion & acupressure on severity of menstrual pain

##### Purpose

Treatment

### **Inclusion/Exclusion criteria**

Inclusion criteria: being single; age between 18 – 25 year old; girls with primary dysmenorrhea that the pain intensity as moderate to severe based McGill ruler; do not suffering from chronic diseases (diabetes, hypertension, cardiac diseases, infectious diseases, liver, kidney); regular menstruation (period between 21 – 35 days); have not any symptoms of itching, abnormal discharge during study; not taking any medication, supplements; they should not use any herbal remedies about 3 months ago Intervention; they should not have any deplorable event such as near relatives' death or surgical operation in recent six months; the absence of ulcer, varicose, cutaneous and inflammatory diseases at the point sp6. Exclusion criteria: individual's consent to continue participating in the study; pelvic known pathology(myoma, pelvic tumor, endometriosis, PID) during the study; improper use of moxibustion & acupressure; any use of herbal drug during the study; Sensitivity to moxa.

### **Age**

From **18 years** old to **25 years** old

### **Gender**

Female

### **Phase**

N/A

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: **100**

### **Randomization (investigator's opinion)**

Randomized

### **Randomization description**

### **Blinding (investigator's opinion)**

Not blinded

### **Blinding description**

### **Placebo**

Not used

### **Assignment**

Parallel

### **Other design features**

## **Secondary Ids**

empty

## **Ethics committees**

### 1

#### **Ethics committee**

##### **Name of ethics committee**

The International Branch of Shahid Beheshti  
University of Medical Sciences& Health Services

##### **Street address**

Shahid Beheshti University of Medical Sciences, next to  
Tavanir, Abbas pur Street, Valiasr Street

##### **City**

Tehran

##### **Postal code**

##### **Approval date**

2015-01-19, 1393/10/29

### **Ethics committee reference number**

1000/2581

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Primary dysmenorrhea

#### **ICD-10 code**

N94.4

#### **ICD-10 code description**

Primary dysmenorrhea

## **Primary outcomes**

### 1

#### **Description**

Severity of primary dysmenorrhea

#### **Timepoint**

Before the intervention, while following intervention  
during the 3 first day of bleeding in 2 cycles.

#### **Method of measurement**

Verbal Multidimensional Scoring System Questionnaire,  
McGill ruler.

## **Secondary outcomes**

### 1

#### **Description**

Complications

#### **Timepoint**

Finally of bleeding days

#### **Method of measurement**

Questionnaire

## **Intervention groups**

### 1

#### **Description**

Intervention group1: in people with inclusion criteria To be attached moxa burning for 10 minutes,( twice with an interval of 48 hours, 4-5 days before their bleeding and 2 first day of bleeding) during 2 cycles. pain intensity with Systemic characteristics associated Will be recorded using McGill and verbal multidimensional scoring system.

#### **Category**

Treatment - Other

### 2

#### **Description**

Intervention group2: in people with inclusion criteria To be acupressure at sp6 points for 10 minute on each feet, ( twice with an interval of 48 hours, 4-5 days before their bleeding and 2 first day of bleeding) during 2 cycles. pain intensity with Systemic characteristics associated Will be

recorded using McGill and Verbal Multidimensional Scoring System.

**Category**

Treatment - Other

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

University girl's Kosar dormitory of Islamic Azad University of Sabzevar

**Full name of responsible person**

Yaghobinezhad Azam

**Street address**

Daneshgah Street, Pasdaran Boulevard, Doctor Shariati Square

**City**

Sabzevar

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

The International Branch of Shahid Beheshti University of Medical Sciences& Health Services

**Full name of responsible person**

Dr. Masoumeh Simbar

**Street address**

Shaid Beheshti University of Medical Sciences, next to Tavanir, Abbas pur Street, Valiasr Street

**City**

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

The International Branch of Shahid Beheshti University of Medical Sciences& Health Services

**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**

Shaid Beheshti University of Medical Sciences

**Full name of responsible person**

Sedigheh Amir Ali Akbari

**Position**

MSc in midwifery

**Other areas of specialty/work**

**Street address**

Midwifery group, School of Nursing and Midwifery Shahid Beheshtii, Front Rajai Heart Hospital, Highway intersection niayesh, Valiasr street

**City**

Tehran

**Postal code**

1985717443

**Phone**

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**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Shaid Beheshti University of Medical Sciences

**Full name of responsible person**

Sedigheh Amir Ali Akbari

**Position**

MSc in midwifery of Shaid Beheshti University of Medical sciences

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sedaliakbari@gmail.com

**Web page address**

**Person responsible for updating data**

**Contact**

**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*