

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

+98 21 8820 2512

Fax

Email

sedaliakbari@gmail.com

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

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

+98 21 8820 2512

Fax

Email

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