Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluation the effect of PC6 (Neiguan) acupressure on the vomiting, Nausea and retching in pregnant women

Protocol summary

Summary

This clinical trial aims to study the effect of acupressure to control nausea in pregnancy as a non-invasive method with least complications and no cost. Nighnty primigravids with gestational age less than 12 weeks suffering from nausea with or without vomiting will enter the study. They will be randomly divided into 3 groups of 30. The experimental group will be treated with acupressure on Neiguan (PC6). The sham group will receive acupressure on a placebo point and the third group will be treated with Vit B6. In the two acupressure groups, acupressure will be done 4 times a day, 10 minutes each time from the second day to the 5th day. If the patient experiences an excessive nausea in pressure intervals, she could perform the next acupressure earlier, but should keep a total of 4 in a day. At the end of each day, nausea and vomiting will be measured by the Rhode index criteria.This assessment will be done as a self-recording of symptoms by mothers in a questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201512187265N6**
Registration date: **2016-03-02, 1394/12/12**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-03-02, 1394/12/12

Registrant information

Name

Hoda Azizi

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 1855 2188

Email address

azizih@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research of Mashhad University of Medical Sciences

Expected recruitment start date

2015-12-23, 1394/10/02

Expected recruitment end date

2016-03-05, 1394/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the effect of PC6 (Neiguan) acupressure on the vomiting, Nausea and retching in pregnant women

Public title

Effect of acupressure on pregnancy-induced nausea and vomitting

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: The First pregnancy; No history of infertility; Singleton pregnancy; No history of Underlying or Concomitant disease Exclusion criteria: Unwillingness to stay in the study; Proof of fetal death; Concomitant disease; Pregnancy after treatment of infertility; Smoking; History of acupressure; Gastrointestinal or urinary tract infections; Dehydration and Hyperemesis gravidarum; History of mental disorders

Age
From **16 years** old to **40 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Mashhad University of Medical Sciences
Street address
MUM's central office, Daneshgah street, Mashhad
City
Mashhad
Postal code
Approval date
2014-07-20, 1393/04/29
Ethics committee reference number
86722

Health conditions studied

1

Description of health condition studied
nausea and vomiting in pregnancy
ICD-10 code
O21.9
ICD-10 code description
Vomiting of pregnancy, unspecified

Primary outcomes

1

Description
The frequency, intensity and duration of nausea, vomiting and retching
Timepoint
day 2 and 5
Method of measurement
Evaluation of severity, duration and inconvenience level due to nausea, vomiting and retching according to Rhodes index criteria by questionnaires

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Acupressure on Neiguan
Category
Treatment - Other

2

Description
Control group1: acupressure on a placebo point
Category
Treatment - Other

3

Description
control group 2: pharmacotherapy with Vitamin B6
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Danesh Amouz Health Center
Full name of responsible person
Dr. Hoda Azizi
Street address
10 Danesh Amouz, Danesh Amouz Blv, Vakil Abad Blv
City
Mashhad

2

Recruitment center
Name of recruitment center
Vilashahr Health Center
Full name of responsible person
Dr. Hoda Azizi
Street address
Vilashahr Health Center, Vilashahr, Beginning of the road Torghabeh
City
Mashhad

3

Recruitment center

Name of recruitment center
Clinic of Omalbanin Hospital

Full name of responsible person
Dr. Fatemeh Tara

Street address
16 Ayatallah Bahjat, Ayatallah Bahjat Street, Zarrineh Crossroads

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Dr Mohsen Tafaghodi

Street address
MUM's central office, Daneshgah street, Mashhad

City
Mashhad

Grant name

Grant code / Reference number

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

Title of funding source
Mashhad University of Medical Sciences

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
Department of Chinese and complementary medicine

Full name of responsible person
Dr Hoda Azizi

Position
MD, PhD in Accupuncture, Assistant Professor

Other areas of specialty/work

Street address
Center of accupuncture and massage, Imam Reza hospital

City
Mashhad

Postal code

Phone
00

Fax

Email
azizih@mums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Department of Gynecology, Faculty of Medicine, Mashhad University of Medical Sciences

Full name of responsible person
Dr Fatemeh Tara

Position
Gynecologist

Other areas of specialty/work

Street address
Omalbanin Hospital

City
Mashhad

Postal code

Phone
+98 51 3223 1061

Fax

Email
taraf@mums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
School of Traditional and Complementary Medicine, Mashhad University of Medical Sciences

Full name of responsible person
Dr. Hoda Azizi

Position
Assistant professor

Other areas of specialty/work

Street address
School of Traditional and Complementary Medicine, East Razi Street

City
Mashhad

Postal code

Phone
+98 51 3855 2188

Fax

Email
azizih@mums.ac.ir

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