

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 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

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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 vomiting

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

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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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Department of Gynecology, Faculty of Medicine, Mashhad University of Medical Sciences

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Gynecologist

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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

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Assistant professor

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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