Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Hugo point massage on body pain and fatigue in patients with brucellosis admitted to the infectious disease ward of Sina Hospital, Hamadan.

Protocol summary

Study aim

Evaluating the Effect of Hegu Point Massage on Body Pain and Fatigue in Hospitalized Patients with Brucellosis in the Infectious Diseases Ward of Sina Hospital, Hamadan

Design

A three-arm parallel-group trial , randomized, single-blind, conducted in 174 patients; randomization was performed using sealed envelopes.

Settings and conduct

Study setting Infectious Diseases Ward, Sina Hospital, Hamedan. Procedures Participants randomized to intervention, control, or sham; baseline and follow-up questionnaires; intervention per allocation. Blinding Single-blind: participants blinded to group assignment.

Participants/Inclusion and exclusion criteria

Inclusion criteria: To be under a doctor's supervision for all patients To be literate in reading and writing in order to complete the questionnaire To be aged 18 and above Exclusion criteria: To have a history of mental disorders based on the patient's medical records To participate in pain reduction programs of other studies To take painkillers other than the ward's routine medication To have a skin lesion at the site of acupressure application To be unwilling to continue cooperation To develop a serious physical problem To receive less than four sessions of training

Intervention groups

Intervention Group 1: Acupressure at the Hegu point plus routine care. Intervention Group 2: Acupressure at a non-Hegu site plus routine care. Control Group: Routine care only, no acupressure. Pressure increased over 30 seconds until tingling, maintained with constant thumb pressure for 1 minute, then released over 30 seconds. Protocol: three 5-minute cycles with 2-minute rests, intermittently, up to 20 minutes total.

Main outcome variables

Score on the NRS questionnaire (Numeric Rating Scale for pain assessment) Score on the Multidimensional Fatigue Inventory (MFI) questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250927067381N1**
Registration date: **2025-10-15, 1404/07/23**
Registration timing: **prospective**

Last update: **2025-10-15, 1404/07/23**
Update count: **0**

Registration date

2025-10-15, 1404/07/23

Registrant information

Name

Reza Rabiei

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-10-23, 1404/08/01

Expected recruitment end date

2026-06-22, 1405/04/01

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of Hugo point massage on body pain and fatigue in patients with brucellosis admitted to the infectious disease ward of Sina Hospital, Hamadan.

Public title
The effect of Hugo point massage on body pain and fatigue
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
To be under a doctor's supervision for all patients To be literate in reading and writing in order to complete the questionnaire To be aged 18 and above
Exclusion criteria:
To have a history of mental disorders based on the patient's medical records To participate in pain reduction programs of other studies To take painkillers other than the ward's routine medication To have a skin lesion at the site of acupressure application To be unwilling to continue cooperation To develop a serious physical problem To receive less than four sessions of training
Age
From **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **174**
Randomization (investigator's opinion)
Randomized
Randomization description
Patients will first be selected via convenience sampling and randomly assigned in a crossover design to one of three groups: Group A (pressure applied at the Hugo point), Group B (pressure applied at a sham point), and Group C (control). Randomization will be carried out using permuted blocks of three; specifically, the sequences BCA, ABC, BAC, CAB, CBA, BAC, and ACB will be written on slips of paper and placed into sealed envelopes. Upon obtaining informed consent, each patient will select one envelope and be allocated to the corresponding group according to the letter sequence.
Blinding (investigator's opinion)
Single blinded
Blinding description
Randomization was carried out using permuted blocks of three. The block sequences BCA, ABC, BAC, CAB, CBA, BAC, and ACB were written on paper and placed in sealed envelopes. After obtaining informed consent, each participant selected one envelope; assignment to the corresponding group followed the order indicated by the letters. Participants remained unaware of their group allocation.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Hamadan University of Medical Sciences
Street address
Office of Vice Chancellor for Research and Technology, Hamadan University of Medical Sciences (UMSHA), Building No. 4, Shariati Crossroad., Hamadan, Iran.
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Approval date
2025-09-20, 1404/06/29
Ethics committee reference number
IR.UMSHA.REC.1404.494

Health conditions studied

1

Description of health condition studied
brucellosis
ICD-10 code
A23
ICD-10 code description
Brucellosis

Primary outcomes

1

Description
Score on the NRS questionnaire (Numeric Rating Scale for pain assessment)
Timepoint
To complete the Numeric Rating Scale (NRS) before and after the intervention
Method of measurement
Numeric Rating Scale (NRS)

2

Description
Score on the Multidimensional Fatigue Inventory (MFI) questionnaire
Timepoint
To complete the Multidimensional Fatigue Inventory (MFI) before and after the intervention
Method of measurement
Multidimensional Fatigue Inventory (MFI)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group 1: In this group, in addition to routine post-treatment care, the Hegu point is first identified. A gentle pressure massage is then applied for 30 seconds, with the pressure gradually increased until the participant experiences tingling, numbness, heaviness, and a sensation of stretching in the surrounding area. The thumb is maintained on the point for 1 minute; subsequently, the pressure is progressively released over 30 seconds to fully release the point. Each intervention cycle lasts 5 minutes.The massage is administered intermittently for a maximum of 20 minutes, comprising three 5-minute massage sessions separated by 2-minute rest intervals (i.e., 5 minutes of massage followed by 2 minutes of rest, repeated until the 20-minute limit is reached).
Category
Treatment - Other

2

Description
Intervention Group 2: In this group, in addition to routine post-treatment care, pressure massage is applied to a point located outside the Hegu point as follows. First, gentle pressure is exerted on the non-Hegu point for 30 seconds, with the force gradually increased until the participant experiences pronounced tingling, numbness, heaviness, and a sensation of stretching in the surrounding area. Next, the thumb remains in place for 1 minute; thereafter, the pressure is progressively released over 30 seconds to fully release the point. The entire intervention cycle lasts 5 minutes.The massage is administered intermittently for a maximum total of 20 minutes, consisting of three 5-minute massage sessions separated by 2-minute rest intervals (i.e., 5 minutes of massage followed by 2 minutes of rest, repeated until the 20-minute limit is reached).
Category
Treatment - Other

3

Description
Control Group: In this group, no acupressure therapy will be administered, and participants will receive only routine post-treatment care.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Sina hospital
Full name of responsible person
Reza Rabiei
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Sponsors / Funding sources

1

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Hamedan 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
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available