# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## The effectiveness of acupressure on pain and quality of life in women with chronic low back pain who work in hospitals affiliated to Isfahan University of Medical Sciences in 2016

## Protocol summary


**Summary**

This study is a single-blind randomized clinical trial that evaluated 60 nurses with chronic low back pain, working in selected hospitals of Medical Sciences. Inclusion criteria included nurses desire to take part and placed randomly in three groups, aged 25-55 years, take at least 4 scour according to VAS criteria before the intervention, experience nonspecific low back pain continuously for more than three months based on the detection neurosurgeon, absence of severe pain need immediate treatment or surgery, any open wound, being during menstruation and pregnancy, physical pain, such as rheumatic arthritis, autoimmune diseases, addiction and depression. Exclusion criteria included lack of desire to continue, absence of samples from one sessions, use of other methods of complementary medicine, develop other diseases of the lumbar and Serious physical and mental damage.Simple Sampling conduct and samples are randomly divided into two groups of 30 experimental and sham acupressure. Intervention is during for 9 sessions in 3 weeks. The first 2 minutes of each session will be considered to slow stroke massage on hands, legs and waist. And then the each point GB30, BL32, BL60, K1, GV20, and H7 will be pressed for 2 minutes. Demographic and quality of life questionnaire SF36 and VAS scale, during the fourth stage before intervention, immediately after intervention, 2 weeks and 4 weeks after finish of the intervention will be completed by the samples. Data analysis using descriptive statistics and statistical tests in SPSS.


## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2016020617387N5**
Registration date: **2016-05-28, 1395/03/08**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2016-05-28, 1395/03/08

**Registrant information**


**Name**

Fatemeh Nazari

**Name of organization / entity**

Isfahan University of Medical Sciences

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Iran (Islamic Republic of)

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**Recruitment status**

**Recruitment complete**

**Funding source**

Deputy Of Research Of Esfahan University Of Medical Sciences

**Expected recruitment start date**

2016-02-20, 1394/12/01

**Expected recruitment end date**

2016-06-19, 1395/03/30

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effectiveness of acupressure on pain and quality of life in women with chronic low back pain who work in

hospitals affiliated to Isfahan University of Medical Sciences in 2016

**Public title**
The effectiveness of acupressure on pain and quality of life in women with chronic low back pain
**Purpose**
Supportive
**Inclusion/Exclusion criteria**
Inclusion criteria included nurses desire to take part and placed randomly in three groups, aged 25-55 years, take at least 4 scour according to VAS criteria before the intervention, experience nonspecific low back pain continuously for more than three months based on the detection neurosurgeon, absence of severe pain need immediate treatment or surgery, any open wound, being during menstruation and pregnancy, physical pain, such as rheumatic arthritis, autoimmune diseases, addiction and depression. Exclusion criteria included lack of desire to continue, absence of samples from one sessions, use of other methods of complementary medicine, develop other diseases of the lumbar and Serious physical and mental damage
**Age**
From **25 years** old to **55 years** old
**Gender**
Female

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **60**
**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**
Deputy Of Research Of Esfahan University Of Medical Sciences
**Street address**
Esfahan University Of Medical Sciences, Hezarjrib street, Esfahan -
**City**
Esfahan
**Postal code**
**Approval date**
2016-01-20, 1394/10/30
**Ethics committee reference number**
ir.mui.rec.1394.3.738

## Health conditions studied

### 1

**Description of health condition studied**
Low back pain
**ICD-10 code**
M54.5
**ICD-10 code description**
Low back strain

## Primary outcomes

### 1

**Description**
pain
**Timepoint**
Before the intervention, immediately after intervention, 2 weeks and 4 weeks after intervention
**Method of measurement**
VAS Scale

### 2

**Description**
Quality Of Life
**Timepoint**
Before the intervention, immediately after intervention, 2 weeks and 4 weeks after intervention
**Method of measurement**
SF36

## Secondary outcomes

### 1

**Description**
Fatigue
**Timepoint**
Before the intervention, immediately after intervention, 2 weeks and 4 weeks after intervention
**Method of measurement**
FSS questionnaire

### 2

**Description**
Quality of sleep
**Timepoint**
Before the intervention, immediately after intervention, 2 weeks and 4 weeks after intervention
**Method of measurement**
Pittsburgh questionnaire

## Intervention groups

### 1

**Description**
Acupressure intervention will be done on the main points GB30, BL32, BL60, K1, GV20, H7 for 2 minutes on each of the points, by the researcher, 9 sessions for 3 weeks and 3 times per week in experimental group. It should be noted that intervention will begin after the completion of menstrual bleeding. as well as to the homogeneity of the samples in the subjects noted that by the end of this technique they do not use the technique at home. In the experimental group, each session lasts 14 minutes, 2 minutes is for initial surface back Stroke to loosen and open channels of Meridian acupressure points and 12 minutes for pressing each of the 6 point (2 minutes for each point).

**Category**
Treatment - Other

### 2

**Description**
Intervention in the sham group carried out by the researcher for 2 minutes on each of the points, 3 times a week for three weeks, with the difference that points of pressure one to one and a half centimeters away from the main points where the pressure is less than acupressure is effective

**Category**
Placebo

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
Al Zahra Hospital
**Full name of responsible person**
Somaye Ghafari
**Street address**
Esfahan University of Medical Sciences, Hezarjrib Street, Esfahan
**City**
Esfahan

### 2

**Recruitment center**
**Name of recruitment center**
Kashani hospital
**Full name of responsible person**
Somaye Ghafari
**Street address**
Esfahan University of Medical Sciences, Hezarjrib Street, Esfahan
**City**
Esfahan

### 3

**Recruitment center**
**Name of recruitment center**
Montazeri hospital
**Full name of responsible person**
Somaye Ghafari
**Street address**
Esfahan University of Medical Sciences, Hezarjrib Street, Esfahan
**City**
Najaf Abad

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Deputy Of Research Of Esfahan University Of Medical Sciences
**Full name of responsible person**
Ashraf Kazemi
**Street address**
Esfahan University of Medical Sciences, Hezarjrib street, Esfahan
**City**
Esfahan
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Deputy Of Research Of Esfahan 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

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## Person responsible for updating data

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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*