Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of psycho-educational counseling and acupressure on the severity and duration of pregnancy nausea and vomiting in pregnant women

Protocol summary

Summary

This study is done to evaluate the effectiveness of individual psycho-educational counseling and acupressure on the severity and duration of nausea and vomiting in pregnant women. The sample the sample group consist of 92patients who are randomly divided equally into two intervention and control group(the member of each group=46).. In the intervention group, after referral to the treatment centers and before any usual therapeutic treatment for 3 sessions under psychological and acupressure counseling, they were placed on a weekly basis for 90 minutes, and pregnant women with a complaint of nausea and vomiting, mild to moderate Within the past three days and gestational age, 6 to 6 weeks can be included in the study, and women who do not attend counseling sessions or have severe symptoms of illness are excluded. Study Reports: Psychological counseling and acupressure are expected. The severity and duration of nausea and vomiting of pregnancy is effective.

General information

Acronym

dont have

IRCT registration information

IRCT registration number: **IRCT2017090124866N9**
Registration date: **2017-10-16, 1396/07/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-10-16, 1396/07/24

Registrant information

Name

Katayoun Alidousti

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5219

Email address

alidoosti@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Kerman University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-06-22, 1396/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of psycho-educational counseling and acupressure on the severity and duration of pregnancy nausea and vomiting in pregnant women

Public title

The effect of psycho-educational counseling and acupressure on the severity and duration of pregnancy nausea and vomiting in pregnant women

Purpose

Supportive

Inclusion/Exclusion criteria

indusion criteria: Complaints of nausea and vomiting

during the past three da; having a gestational age of 6-10 weeks; a lack of any medical problem and taking medication; not taking vitamin B6 before or during the study. Exclusion criteria: The need for medication to reduce symptoms in severe cases؛ lack of attendance at training sessions.

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **92**

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
Kerman University of Medical Sciences Ethics Committee

Street address
Campus University beginning around seven gardens Alavi; Kerman

City
kerman

Postal code

Approval date
2016-11-05, 1395/08/15

Ethics committee reference number
Ir.kmu.rec.1395.291

Health conditions studied

1

Description of health condition studied
Nausea and vomiting of pregnancy

ICD-10 code
015

ICD-10 code description
Hyperemesis gravidarum, mild or unspecified, starting before the end of the 22nd week of gestation

Primary outcomes

1

Description
Nausea and vomiting of pregnancy

Timepoint
Before intervention and 4 weeks after intervention

Method of measurement
Rhodes index

Secondary outcomes

empty

Intervention groups

1

Description
In the intervention group, three psycho-educational counseling sessions are held for and acupressure are performed for 90 minutes and one week apart.

Category
Behavior

2

Description
The control group,only routine procedures done

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Health Center Imam Hasan Mojtaba

Full name of responsible person
Zahra Saidi

Street address
Shariati Street

City
Rafsanjan

2

Recruitment center

Name of recruitment center
Imam Ali Hospital

Full name of responsible person
Zahra Saidi

Street address
Imam street

City
Rafsanjan

3

Recruitment center
Name of recruitment center
Imam Sadiq Health Center
Full name of responsible person
Zahra Saidi
Street address
Worker Street
City
Rafsanjan

4

Recruitment center
Name of recruitment center
Health Center No. 6
Full name of responsible person
Zahra Saidi
Street address
Mostafa Khomeini Streeti
City
Rafsanjan

5

Recruitment center
Name of recruitment center
Shahid Nik Nafs Health Center
Full name of responsible person
Zahra Saidi
Street address
West Amir Kabir Street
City
Rafsanjan

6

Recruitment center
Name of recruitment center
Health Center No. 8
Full name of responsible person
Zahra Saidi
Street address
Azadi Blvd.
City
Rafsanjan

7

Recruitment center
Name of recruitment center
Health Center No. 2
Full name of responsible person
Zahra Saidi
Street address
May 15th
City
Rafsanjan

8

Recruitment center
Name of recruitment center
Health Center No. 7
Full name of responsible person
Zahra Saidi
Street address
City
Rafsanjan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research Kerman University of Medical Sciences
Full name of responsible person
Dr.Abbas Pardakhty
Street address
Campus University of Medical Sciences beginning around seven gardens Alavi; Kerman
City
Kerman
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research Kerman 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
Kerman University of Medical Sciences
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Person responsible for updating data

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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