Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of acupressure on quality of life in girls with PMS

Protocol summary

Summary
Aim: Evaluating the effect of acupressure in the third liver, four large intestine and placebo points on the PMS symptoms and quality of life in girls with PMS Design of study: randomized, one blinded Population of study: Kowsar dormitory of Hormozgan University of Medical Sciences. Inclusion criteria: Age of 18-45; passing at least two hours after the last meal; having moderate to severe PMS according to the score of premenstrual symptoms screening tool Exclusion criteria: Infectious or skin diseases; acute rheumatoid arthritis; lesion or dermatitis at the site of applying pressure; visual or auditory impairment; avoid taking analgesics for three hours before starting the intervention; severe psychological tension during the last six months (loss of relatives, surgery, etc); heart disease, renal disorder, diabetes, asthma, hypothyroidism or hyperthyroidism, respiratory disorder; genital disease; interval between menstruation lower than 21 or upper than 35 days; PMS in all menstrual cycle Sample size:90 Intervention: Acupressure in the third liver, four large intestine and placebo points Intervention time: Twenty minutes acupressure during 14 days before menstruation for three consecutive menstrual cycles Primary outcome: PMS severity, quality of life

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT2016060828038N2**
Registration date: **2016-06-14, 1395/03/25**
Registration timing: **retrospective**

Last update:
Update count: **0**
Registration date
2016-06-14, 1395/03/25

Registrant information

Name
Fatemeh Bazarganipour
Name of organization / entity
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Recruitment status
Recruitment complete
Funding source
Hormozgan University of Medical Sciences

Expected recruitment start date
2015-03-20, 1393/12/29
Expected recruitment end date
2016-03-19, 1394/12/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effect of acupressure on quality of life in girls with PMS

Public title
Acupressure and premenstrual syndrome (PMS)
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: Age of 18-45; passing at least two hours after the last meal; having moderate to severe PMS according to the score of premenstrual symptoms screening tool Exclusion criteria: Infectious or skin diseases; acute rheumatoid arthritis; lesion or dermatitis at the site of applying pressure; visual or auditory impairment; avoid taking analgesics for three hours before starting the intervention; severe psychological tension during the last six months (loss of relatives,

surgery, etc); heart disease, renal disorder, diabetes, asthma, hypothyroidism or hyperthyroidism, respiratory disorder; genital disease; interval between menstruation lower than 21 or upper than 35 days; PMS in all menstrual cycle

Age
From **18 years** old to **45 years** old

Gender
Male

Phase
2

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
Method of one blind was as that the subjects were not aware of their allocation to study groups. Randomization was done with random numbers table.

Secondary Ids

1

Registry name
-

Secondary trial Id
-

Registration date
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Hormozgan University of Medical Sciences

Street address
Vice chancellor of research, Shahid Mohamadi Hospital, Bandarabbas, Hormozgan

City
Bandarabbas

Postal code

Approval date
2016-03-14, 1394/12/24

Ethics committee reference number
hums.rec.ac.164

Health conditions studied

1

Description of health condition studied
Premenstrual syndome

ICD-10 code
N94.3

ICD-10 code description
Premenstrual tension syndrome

Primary outcomes

1

Description
PMS severity

Timepoint
Start of mensuration in two cycles

Method of measurement
Premenstrual symptoms screening tool

Secondary outcomes

1

Description
Quality of life

Timepoint
Start of menstruation in two cycles

Method of measurement
SF-12 quality of life questionnaire

Intervention groups

1

Description
First intervention: Acupressure done in the third hepatic point that located at dorsal surface of the foot between the first and second toes at the point of bones junction.

Category
Other

2

Description
Second intervention: Acupressure done in the large intestine point that located at the dorsal surface of the hand between thumb and index finger approximately at the middle of the second metacarpus bone.

Category
Other

3

Description
Third intervention: Acupressure done in the placebo point that located at dorsal surface of the foot between the third and the forth toes which is not in the line of meridian.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Kowsar dormotory of Hormozgan University of Medical Sciences

Full name of responsible person
Mrs Salari

Street address
Kowsar dormotory, south Resalat street, Bandarabbas, Hormozgan

City
Bandarabbas

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor of research of Hormozgan University of Medical Science

Full name of responsible person
Abdolazim Nejatizadeh

Street address
Vice chancellor of research, Shahid Mohamadi Hospital, Bandarabbas, Hormozgan

City
Bandarabbas

Grant name

Grant code / Reference number

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

Title of funding source
Vice chancellor of research of Hormozgan University of Medical Science

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
Hormozgan University of Medical Sciences

Full name of responsible person
Fatemeh Bazarganipour

Position
Assistant professor

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

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