# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

## The effect of acupressure and touch point (SP6) on pain intensity after delivery 88 qualified mothers give birth on 22 Bahman hospital in Gonabad city

## Protocol summary


**Summary**

This study is a clinical trial which aims to determine the effectiveness of acupressure at the SP6 on pain after delivery will be done .The samples were randomly placed in two groups. This study is a blinded, So that a researcher on clinical samples currently. units reviewed the method used (touch or pressure) do not know. According to statistics consulting with the sample size including 10% attrition, 44 subjects in each group is determined. Inclusion criteria included: Mother's consent, vaginal birth, the second birth, age 37 to 42 weeks of pregnancy, Mother of labor complaints after moderate or severe (a score of 4 or more), having at least Literacy Study, 2500 to 4000 grams birth weight, BMI is between 19.8 to 29 kg per square meter., Delivery without cutting. Child birth physiological. Exclusion criteria included: Maternal use of methods of pain relief, a long and difficult birth, mother's addiction to drugs, cesarean and intra- abdominal surgery،Postpartum hemorrhage and disease. Oxytocin and Augment, not satisfied with the research unit, the uncertainty of the effect of acupressure and fear of the unknown effects. Traumatic child birth. In the intervention group, mothers of hospitalized after giving birth to 2 hours after delivery, constantly checked by the researcher. With the onset of labor after acupressure on severity of pain each time point was recorded.SP6 intervention in the control group in the same way, but without pressure and just touch this point, are found. Interventions for all samples by a single researcher will be done to prevent the emergence of any bias as much as possible.. Measuring pain Visual Analogue Scale (VAS) is.


## General information

**Acronym**

-

**IRCT registration information**

IRCT registration number: **IRCT2016070428240N2**
Registration date: **2016-08-22, 1395/06/01**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2016-08-22, 1395/06/01


**Registrant information**

**Name**
Fatemeh Yaghoobi Moghadam Bilondi
**Name of organization / entity**
Shahroud University of Medical Sciences
**Country**
Iran (Islamic Republic of)
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**Recruitment status**

**Recruitment complete**


**Funding source**

Shahrood University of Medical Sciences


**Expected recruitment start date**

2016-07-22, 1395/05/01

**Expected recruitment end date**

2017-02-18, 1395/11/30

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of acupressure and touch point (SP6) on pain intensity after delivery 88 qualified mothers give birth on 22 Bahman hospital in Gonabad city

**Public title**
The effect of acupressure on severity of pain after childbirth
**Purpose**
Treatment
**Inclusion/Exclusion criteria**
Inclusion criteria included: Mother's consent, vaginal birth, the second birth, age 37 to 42 weeks of pregnancy, Mother of labor complaints after moderate or severe (a score of 4 or more), having at least Literacy Study, 2500 to 4000 grams birth weight, BMI is between 19.8 to 29 kg per square meter., physiological Delivery without cutting .and non-traumatic childbirth. Exclusion criteria included: Maternal use of methods of pain relief, a long and difficult birth, mother's addiction to drugs, cesarean and intra- abdominal surgery،Postpartum hemorrhage and disease .No need for Oxytocin and augmented., not satisfied with the research unit, the uncertainty of the effect of acupressure and fear of the unknown effects. Traumatic delivery.
**Age**
No age limit
**Gender**
Female

**Phase**
3
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **88**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
**Blinding (investigator's opinion)**
Single blinded
**Blinding description**
**Placebo**
Not used
**Assignment**
Parallel
**Other design features**
-

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Shahrood University of Medical Sciences
**Street address**
Shahroud University of Medical Sciences, "Tir" Square, Shahroud, Semnan.
**City**
Shahroud
**Postal code**
3614773955
**Approval date**
2010-09-23, 1389/07/01
**Ethics committee reference number**
IR.SHMU.REC.1395.16

## Health conditions studied

### 1

**Description of health condition studied**
Pain after childbirth
**ICD-10 code**
R10.2
**ICD-10 code description**
Pelvic and perineal pain

## Primary outcomes

### 1

**Description**
Pain after childbirth
**Timepoint**
Baseline to two hours after the intervention.
**Method of measurement**
Visual Analogue Scale

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
In this group, women in the postpartum hospital stay of up to 2 hours after delivery, constantly checked by the researcher.Whenever the mother of the labor complained, first ruler of her pain with pain that is numbered from 0 to 10 is measured and recorded.The pain and agony average 4 to 7 8 to 10, based on visual rating scale is determined,Sanyinjiao point in both feet first person determined by your fingers and is automatically checked.Then people in the Supine fall, so head above the shoulders is 30 degrees.Thumb bilaterally on the spot and in the clockwise rotational movement of the clock - scattering technique - to apply pressure for 6 seconds.So that people feel tingling, heaviness and heat in their area.Then 2 seconds without pressure, so that the entire 30 minute period;At the end of the technique, using a visual analog scale of pain intensity measured immediately after 30-60-120 minutes. Finally, the pain is compared in the two groups.
**Category**
Other

**2**

**Description**
Sp6 point of intervention in the control group in the same way, but without pressure and just touch this point, are found.
**Category**
Other

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
22 Bahman Hospital
**Full name of responsible person**
Fateme Yaghoobi
**Street address**
22 Bahman Hospital, Street Naser Khosro, Gonabad
**City**
Gonabad

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Shahroud University of Medical Sciences
**Full name of responsible person**
Dr Mohammadhasan Emamian
**Street address**
Shahrood Univercity of Medical Sciences
**City**
Shahroud
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Shahroud 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**
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## Person responsible for scientific inquiries

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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*