Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The synergistic effect of useing two pressure points p6 and third eye on preoperative anxiety in orthopedic patients of Iran University of Medical Sciences hospitals

Protocol summary

Summary

The purpose of this study was to investigate the synergistic effect of using two pressure points p6 and third eye on preoperative anxiety in orthopedic patients of Iran University of Medical Sciences hospitals.This was a single blind quasi-experimental controlled trial in 108 patients who were candidates orthopedic surgeries and didn't have epilepsy; taking anti-anxiety and sedative drugs; drug addiction; etc. The randomized design was divided into 4 groups (each group consisting of 27 patients), which included(p6) the first group, the second group, the third eye, the third group,(p6) and the third eye, and the fourth group, the control group. The method of applying acupressure in the intervention group, pressure is applied at the desired location for ten minutes with a thumb on the spot (P6) and by a small plastic bead at the third eye point, so that the patient feels pain and in the control group, only touch alone is performed without any compression in the areas (P6) and the third eye for ten minutes. Before intervention and half an hour after intervention, in 4 groups, the Absolute Anxiety Inventory of Spielberger will be completed by the patient.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017091136126N1**
Registration date: **2017-09-24, 1396/07/02**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2017-09-24, 1396/07/02

Registrant information

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2018-05-22, 1397/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The synergistic effect of useing two pressure points p6 and third eye on preoperative anxiety in orthopedic patients of Iran University of Medical Sciences hospitals

Public title

The effect of useing two pressure points p6 and third eye on preoperative anxiety

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: lack of skin disease in the area of

acupressure; elective surgery (non-emergency procedures); lack of mental illness; no history of surgery; having at least a reading and writing literacy; at least 15 years of age and a maximum age of 65 Year. Exclusion criteria: history of epilepsy; anti-anxiety drugs and sedatives one week before participating in the study; drug addiction; having relatives among the medical staff.

Age
From **15 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **108**

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
Iran University of Medical Sciences

Street address
Iran University of Medical Sciences, Hemmat freeway, next to Milad tower Tehran, Iran

City
tehran

Postal code

Approval date
2017-06-19, 1396/03/29

Ethics committee reference number
IR.IUMS.REC 1396.30212

Health conditions studied

1

Description of health condition studied
preoperative anxiety

ICD-10 code
F41.1

ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
preoperative anxiety

Timepoint
before and 30 min after intervention

Method of measurement
spielburger questionnaire)

Secondary outcomes

empty

Intervention groups

1

Description
In the intervention group, pressure is applied at the desired location for ten minutes with a thumb on the spot (P6) and by a small plastic bead at the third eye point, so that the patient feels pain.

Category
Prevention

2

Description
In the control group, only touch alone is performed without any compression in the areas (P6) and the third eye for ten minutes.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Iran University of Medical Sciences hospitals

Full name of responsible person
Fariba Keshavarz

Street address

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research,Iran University of Medical Sciences

Full name of responsible person
Dr. Seyed Ali Javad Mousavi

Street address
Iran University of Medical Sciences, Hemmat freeway, next to Milad tower, Tehran, Iran

City
Tehran
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,Iran 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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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