Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effects of acupressure on anxiety and vital signs of the patients before the abdominal surgeries

Protocol summary

Summary

The purpose of this study was to examine the effects of acupressure (acupuncture without needle) on anxiety and vital signs of patients before the abdominal surgery. This was a single blind quasi-experimental controlled trial in 70 patients who were candidates for abdominal surgeries and didn't have any sight disorder, history of mental disorder, use of acupressure record, addiction. The patients were randomly allocated to acupressure group (n=35) receiving acupressure at the correct points or placebo group (n=35) receiving acupressure at sham points. Anxiety and vital signs (pulse rate, respiratory rate, and diastole and systole blood pressure) were measured before and immediately after intervention and 30 minutes after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138811203311N1**
Registration date: **2010-05-26, 1389/03/05**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-05-26, 1389/03/05

Registrant information

Name
Sina Valiee

Name of organization / entity
Kurdistan university of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

School of Nursing and Midwifery, Tehran University of Medical Sciences

Expected recruitment start date

2006-08-23, 1385/06/01

Expected recruitment end date

2007-03-21, 1386/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of acupressure on anxiety and vital signs of the patients before the abdominal surgeries

Public title

The effects of acupressure on anxiety and vital signs of the patients before the abdominal surgeries

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: not having any special problems in the spot of receiving acupressure, not having any sight disorder that can prevent choosing the proper spot in the standard of anxiety examination, not receiving tranquilizers, painkillers, or drugs effective on anxiety such as Inderal for more than one month. Exclusion criteria: having pain, epilepsy, or mental disorder, history of using acupressure, presence of thyroid diseases, addiction to drugs, pregnancy, previous surgery due to malignancy

Age

From **20 years** old to **65 years** old

Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
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
School of Nursing and Midwifery of Thehran University of Medical Science
Street address
School of Nursing & Midwifery, Tehran University of Medical Sciences, Tohid Sq., Tehran, Iran
City
Tehran
Postal code
Approval date
empty
Ethics committee reference number
250/1466

Health conditions studied

1

Description of health condition studied
Generalized anxiety disorder
ICD-10 code
F41.1
ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Preoperative anxiety
Timepoint
before,immidiatedly after(10 min) and 30 min after intervention
Method of measurement
Visual analog scale(0-10) for anxiety

2

Description
vital sign
Timepoint
before,immidiatedly after(10 min) and 30 min after the intervention
Method of measurement
A mercury manometer to measure the blood pressure, clock for Heart and respiratory rate

Secondary outcomes

empty

Intervention groups

1

Description
Third eye point was pressured for 10 minutes using the thumb in a rotating manner with an average of 20-25 cycles per minute in acupressure group.
Category
Prevention

2

Description
In the placebo group the left eyebrow was pressured using the thumbs in a rotating manner for ten minutes with an average of 20-25 cycles per minute.
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Surgery Wards of Hospital of Tehran University of Medical Science
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
School of Nursing and Midwifery
Full name of responsible person
Sina Valiee

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School of Nursing and Midwifery, Tehran University of Medical Sciences, Tohid Sq., Tehran, Iran
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Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
School of Nursing and Midwifery
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
Kurdistan University of Medical Science
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Position
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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