Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The comparison of the effectiveness of acupressure at the sanyinjiao point (sp6) and Iboprofen on primary dysmenorrhea (spasmodic, congestive)

Protocol summary

Summary

The aim of this randomized controlled trial is to compare the effectiveness of acupressure at the sanyinjiao point (sp6) and Ibuprofen on primary dysmenorrhea (spasmodic, congestive). It will be conducted on 72 single female students of 18-22 years old with medium to severe primary dysmenorrhea (two 18-person groups with spasmodic dysmenorrhea and two 18-person groups with congestive dysmenorrhea). Initial questionnaire includes demographic characteristics, history of menstrual, gynecological diseases, general health, psychiatric disorders and 10-cm visual analogue scale for pain severity. Subjects will complete menstrual symptom questionnaire (MSQ) to distinguish type of primary dysmenorrhea. In the acupressure groups, an expert will instruct participants how to use the technique and the ibuprofen groups will be explained about the consumption manner. The subjects will be asked to complete the SSS questionnaire and the length of daily rest from two days before to two days after menstruation for three continuous menstrual cycles (once before and twice after intervention).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138901253706N1**
Registration date: **2010-09-21, 1389/06/30**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2010-09-21, 1389/06/30

Registrant information

Name

Sakineh Mohammad-Alizadeh-Charandabi

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 41 3477 2699

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2010-09-23, 1389/07/01

Expected recruitment end date

2010-10-23, 1389/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effectiveness of acupressure at the sanyinjiao point (sp6) and Iboprofen on primary dysmenorrhea (spasmodic, congestive)

Public title

The comparison of the effectiveness of acupressure and Iboprofen on primary dysmenorrheal

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Single, age 18-22, Having regular menstrual cycle (mensturation length 3-8 days and length of menstrual cycle 21-35 days) and suffering from

dysmenorrhea in previous two years, pain score more than 5 according to visual analogue scale (medium to severe dysmenorrhea), lack of known pelvic disease and known physical and mental diseases, Non consumption of oral contraceptive pills, Lack of pain throughout menstrual cycle or throughout menstrual bleeding, Lack of allergy to NSAIDs, lack of ulcer and inflammatory or skin disease around sp6 point. Exclusion Criteria: Occurrence of Pelvic disease, pelvic and abdomen operations, high emotional stress (parents' divorce, relative death, etc).

Age
From **18 years** old to **22 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
To prevent contamination (teaching the technique by subjects in the accupressure groups to the other subjcts), cluster random allocation will be used. If the number of the eligible persons in any group is more than 18, simple randomization will be used to select the subjects.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tabriz University of Medical Sciences - Research deputy

Street address
Golgasht street

City
Tabriz

Postal code
11851665

Approval date
2010-08-10, 1389/05/19

Ethics committee reference number
8917

Health conditions studied

1

Description of health condition studied
Primary dysmenorrhea

ICD-10 code
N94.4

ICD-10 code description
Primary dysmenorrhoea

Primary outcomes

1

Description
symptom severity

Timepoint
for three months; first tow days of menstrual cycle in spasmodic dysmenorrhea, two days before menstrual bleeding in congestive dysmenorrhea

Method of measurement
Symptom Severity Scale (SSS)

Secondary outcomes

1

Description
rest lenght

Timepoint
for three months; first tow days of menstural cycle in spasmodic dysmenorrhea, two days before menstural bleeding in congestivedysmenorrhea

Method of measurement
reported rest lenght (hour) by participant

Intervention groups

1

Description
Intervention group: An expert in acupressure will instruct method of pressure to the participants and will ask them to use this method during dysmenorrhea. Every paricipant should press sp6 point by her thumb for 5 minutes (periods of 6 seconds pressure and 2 seconds rest), until the participant will feel heaviness and numbness around sp6 point. After every 5 minutes the leg will be changed and this procedure will be done on the other leg for 20 minutes (every leg will be pressed two periods of 5 minutes).

Category
Other

2

Description
Control group: Ibuprofen Tabs (400 mg) every 6 hours if needed.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Dormitories of Tabriz University of Medical Sciences & Tabriz University
Full name of responsible person
Sakineh Mohammad-Alizadeh
Street address
Nursing & Midwifery faculty
City
Tabriz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tabriz University of Medical Sciences
Full name of responsible person
Dr. Mahmood Nazar Pour
Street address
Next to Tourism Hotel, Jolfa
City
Jolfa
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz 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
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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