Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of acupressure on headache intensity of patients with acute migraine referred to emergency departments

Protocol summary

Study aim
Determining the effect of acupressure on the severity of acute migraine headache in patients referred to the emergency department

Design
Clinical trials with control group, with false intervention group, are randomized. 69 samples were randomly assigned in 3 groups and based on the software in 11 blocks and 6 blocks and 3 blocks in each group, 2 in group A (acupressure group), 2 in group B (sham group) and 2 in group Group C (control group). And in the triple block, there is one person from each group

Settings and conduct
For each compression point for 8 seconds, followed by 2 seconds of rest and repetition of this sequence for 3 minutes. After 24 minutes of massage, the pain will be recorded. The study area is located in Bouali Sari Hospital.

Participants/Inclusion and exclusion criteria
1- Previous diagnosis of migraine by a neurologist at least 6 months ago, 2- Being in the age range of 18-65 years, 3- Headache severity, according to the scale of VAS with a score of 4, are included in the study

Intervention groups
In the acupressure group, in addition to medication in the emergency department, to reduce the headache caused by migraine, 6 points of the body called ST.44 Neiting, Liv.3 Taiching, BL.2Cuanzhu, GB.14 Yanghabi GB.1Tong Zi Liao, SI .3 Houxi, Du 20 Baihui and LI.4Hegu will be pressed. For each compression point for 8 seconds, followed by 2 seconds of rest and repetition of this sequence for 3 minutes. For the control group, only the medication in the emergency department will be performed and for the sham group at 8 points, 2 cun above the group points The pressure intervention is applied. After 24 minutes of massage, the pain of the patients will be recorded

Main outcome variables
Acute migraine headache

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20110906007494N30**
Registration date: **2019-06-17, 1398/03/27**
Registration timing: **registered_while_recruiting**

Last update: **2019-06-17, 1398/03/27**
Update count: **0**

Registration date
2019-06-17, 1398/03/27

Registrant information

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-06-17, 1398/03/27

Expected recruitment end date
2019-09-18, 1398/06/27

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of acupressure on headache intensity of patients with acute migraine referred to emergency departments

Public title
The effect of acupressure on headache intensity of patients with acute migraine referred to emergency departments

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
معیارهای تشخیص انجمن بین المللی سر درد برای تشخیص سر درد میگرنی عبارتند از الف: سابقه حداقل 5 حمله، (ب) حملات سر درد به مدت 4 تا 72 ساعت (2 تا 4 ساعت در افراد زیر 15 سال)، (ج) حملات سر درد با دو علامت از قبیل یک طرفه، ضربان دار، شدت متوسط تا شدید (با ممانعت از فعالیت روزانه)، تشدید سر درد با بالا رفتن از پله یا فعالیت های مشابه، (د) وجود حداقل یکی از علائم از قبیل تهوع یا استفراغ یا هر دو و ترس از نور و صدا در زمان سر درد) می باشند International diagnostic criteria for diagnosis of migraine headaches include: A: history of at least 5 attacks; (b) headache attacks for 4 to 72 hours (2 to 4 hours in people under 15 years of age); (c) head attacks Pain with two signs, such as one-way, pulsating, moderate to severe severity (by inhibiting daily activity), exacerbation of headache by climbing the stairs or similar activities, (d) having at least one of the symptoms, such as nausea or vomiting Or both, and fear of light and sound at the time of headache)

Exclusion criteria:
International diagnostic criteria for diagnosis of migraine headaches include: A: history of at least 5 attacks; (b) headache attacks for 4 to 72 hours (2 to 4 hours in people under 15 years of age); (c) head attacks Pain with two signs, such as one-way, pulsating, moderate to severe severity (by inhibiting daily activity), exacerbation of headache by climbing the stairs or similar activities, (d) having at least one of the symptoms, such as nausea or vomiting Or both, and fear of light and sound at the time of headache)

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **69**

Randomization (investigator's opinion)
Randomized

Randomization description
23 in the acupressure group, 23 in the control group and 23 in the sham group or false intervention for research. 69 samples were randomly assigned in 3 groups and based on the software in 11 blocks and 6 blocks and 3 blocks in each group, 2 in group A (acupressure group), 2 in group B (sham group) and 2 in group Group C (control group). And in the triple block, there is one person from each group

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Mazandaran University of Medical Sciences

Street address
Mazandaran University of Medical Sciences, Vice chancellor for research, Moalem street, Moalem square, Sari, Mazandaran, Iran.

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sari

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Approval date
2019-06-16, 1398/03/26

Ethics committee reference number
IR.MAZUMS.REC.1398.528

Health conditions studied

1

Description of health condition studied
The effect of acupressure on acute migraine pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Migraine headache

Timepoint
The effect of acupressure on the severity of migraine headache in patients referred to the emergency department

Method of measurement
(VAS) Visual Analogue Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:
Category
Treatment - Drugs

2

Description
Control group:
Category
Treatment - Drugs

3

Description
Control group:
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Buali Sari Hospital
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Sari University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no further information
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available