Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of acupressure at P6 and Yiang point on anxiety, sleep quality, nausea and vomiting in hemodialysis patients

Protocol summary

Study aim

Comparison of the effect of acupressure in point of Yiang and P6 on anxiety, sleep quality ,nausea and vomiting in hemodialysis patients.

Design

This study includes three groups of point massage p6, yian and control group in parallel, double blind, the number of samples for each group is 12 people and the total sample is 36 people .we use Restricted randomization type of block randomization. In order to randomize the Random allocation software and pokets containing the intervention group are used and based on the order of entry of eligible participants into the study, one of the envelopes of the letter is opened and the assigned group of the participant is revealed.

Settings and conduct

The present study in the dialysis ward of Imam Ardabil Hospital is performed on dialysis patients. Patients and caregivers are unaware of how to perform massage on other groups.Because both methods are performed for all groups and the intervention method is done correctly and effectively and the other method is performed symbolically and incorrectly, patients and the caregiver are unaware of how to massage other groups.

Participants/Inclusion and exclusion criteria

Patient have a history of hemodialysis for at least six months, age group 18 to 65 years have inclusion criteria and patient with anxiety score less than 20, petersburg sleep standard less than 5 are exclusion criteria

Intervention groups

In the first group, acupressure is performed at point p6 of the inner part of the forearm as a massage with the index finger, and in the second group, acupressure at the Yiang point in the middle of the two eyebrows with massage of the thumb for 3-5 minutes, and in the third group at the false point. message is done three times a week for four weeks

Main outcome variables

Nausea and vomiting, anxiety, sleep quality

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210403050823N2**
Registration date: **2021-07-28, 1400/05/06**
Registration timing: **registered_while_recruiting**

Last update: **2021-07-28, 1400/05/06**
Update count: **0**

Registration date

2021-07-28, 1400/05/06

Registrant information

Name

solmaz saeidi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 45 3242 6606

Email address

solmaz.saeidi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-07-26, 1400/05/04

Expected recruitment end date

2021-08-26, 1400/06/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure at P6 and Yiang point on anxiety, sleep quality, nausea and vomiting in hemodialysis patients

Public title
The effect of acupressure on anxiety, sleep quality, nausea and vomiting in hemodialysis patients
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
Willingness to participate in the study Perform permanent hemodialysis Have a history of hemodialysis for at least six months Age group 18 to 65 years Ability to communication
Exclusion criteria:
Withdrawal from study Hospitalization of the patient during the intervention Amputation at the site of acupressure Anxiety score less than 20 Petersburg sleep standard less than 5
Age
From **18 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant
- Care provider
- Investigator

Sample size
Target sample size: **36**
Randomization (investigator's opinion)
Randomized
Randomization description
We will use method of Restricted randomization type of block randomization. Randomized tool is Random allocation software.We use the Allocation concealment method to hide that by using of pocket with Sequentially numbered, sealed, opaque envelopes Each of the random sequences created is recorded on a card and the cards are placed in the letter envelopes in order.In order to maintain a random sequence, the envelopes are numbered in the same way on the outer surface. Finally, the lids of the letter envelopes are glued and placed inside a box, respectively. At the beginning of the registration of participants, according to the order of entry of eligible participants into the study, one of the envelopes of the letter is opened and the assigned group of the participant is revealed.
Blinding (investigator's opinion)
Double blinded
Blinding description
The study participants and the people who do the intervention for the patients will be blind and think that the next groups will use this method as well.For all groups of patients in the same areas of acupressure, ineffective and symbolic massage is performed
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Khalkhal University of Medical Sciences
Street address
Mozaffar
City
Khalkhal
Province
Ardabil
Postal code
5681761351
Approval date
2021-07-11, 1400/04/20
Ethics committee reference number
IR.KHALUMS.REC.1400.005

Health conditions studied

1

Description of health condition studied
Hemodialysis
ICD-10 code
R88.0
ICD-10 code description
Cloudy (hemodialysis) (peritoneal) dialysis effluent

Primary outcomes

1

Description
Sleep quality score above 5
Timepoint
Quality of sleep before the intervention and four weeks after the intervention
Method of measurement
Pietersburg Sleep Quality Questionnaire

Secondary outcomes

1

Description
Anxiety score
Timepoint
Before intervention and four weeks after intervention
Method of measurement
Spielberger anxiety inventory

Intervention groups

1

Description
Intervention group: Acupressure is performed in the first group on point P6, which is one of the points used to reduce patients' anxiety. This point is located between the inner forearm of the arm and in the cavity between the forearm bones about three inches wide and above the wrist crease.
Category
Prevention

2

Description
In the second intervention group, pressure is applied to the third eye area or yintang located between the eyebrows and the root of the nose.
Category
Prevention

3

Description
Control group: For the control group, the intervention is performed somewhere other than the main points and with the wrong massage, but at the same time
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Ardebil University of Medical Sciences
Full name of responsible person
Esmaeel Mehraeen
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Khalkhal University of Medical Siences
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

Contact
Name of organization / entity
Khalkhal Yuniversity of Medical Sciences
Full name of responsible person
Solmaz Saeidi
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable