Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

determine the effect of acupressure on severe low back pain and depression in patients with chronic low back pain

Protocol summary

Study aim
Determining the effect of acupressure on severe low back pain and depression in patients with chronic low back pain

Design
Patients were divided into two groups of intervention and sham treatment by random one-way blind and parallel block with sealing wax bag. In each group, 46 people were placed.

Settings and conduct
individuals with inclusion criteria will be included in the study, then will be randomly divided into two groups of intervention and sham treatment, and acupressure training will be given to both groups and the intervention will be performed for one month and analysis Statistics will be done by Spss software, The research samples will include patients with chronic low back pain referred to the neurology clinic of Razi Hospital.

Participants/Inclusion and exclusion criteria
Conscious consent to participate in the study, having low back pain for more than 12 weeks, their cause of low back pain should not be spinal problems, no wounds, infections or fractures at the point of acupressure or treatment points, age 18 years And above, the patient is not pregnant, does not use other traditional or complementary medicine treatments, does not use acupressure for the past 12 months, does not have malignancy or autoimmune diseases Criteria for non-inclusion: dissatisfaction to participate in the study

Intervention groups
Acupressure is performed on Feng Chi, Shu fu and Yin Tong points using the pulp of the thumb. Pressure (at a rate of 3 to 4 kg) for 5 minutes at any point and once a day for 2 weeks. In the control panel, acupressure is performed on the Gi ache and Huang shu and Cheng Jiang points using the thumb pulp. These points are located below the mastoid bone, below the clavicle, in the front line of the body, and between the eyebrows. Pressure for 5 minutes at any point and once a day for 4 weeks.

Main outcome variables
low back pain, depression

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200812048386N1**
Registration date: **2021-12-26, 1400/10/05**
Registration timing: **registered_while_recruiting**

Last update: **2021-12-26, 1400/10/05**
Update count: **0**

Registration date
2021-12-26, 1400/10/05

Registrant information

Name
Ali Ghanbari

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 56 3272 9731

Email address
alighanbari971373@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-12-26, 1400/10/05

Expected recruitment end date
2022-05-22, 1401/03/01

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

determine the effect of acupressure on severe low back pain and depression in patients with chronic low back pain

Public title

determine the effect of acupressure on severe low back pain and depression in patients with chronic low back pain.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Conscious consent to participate in the study 3. Their back pain should not be caused by spinal problems (such as fractures and disc herniations) Having low back pain for more than 12 weeks No wounds, infections or fractures at the acupuncture point or treatment points Age 18 years and older The patient is not pregnant Do not use other traditional or complementary medicine treatments (such as physiotherapy, massage therapy and acupuncture) at the same time Not using acupressure during the last 12 months No malignancy or autoimmune diseases

Exclusion criteria:

Includes dissatisfaction to continue participating in the study

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **92**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients were randomly divided into two groups of intervention and sham treatment using an individual block method using a seal envelope.

Blinding (investigator's opinion)

Single blinded

Blinding description

Patients were kept blind from being in the intervention or treatment group

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Birjand University of Medical Sciences

Street address

Central Organization of Birjand University of Medical Sciences, Ghaffari St, Birjand, South Khorasan.

City

birjand

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Postal code

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Approval date

2021-03-02, 1399/12/12

Ethics committee reference number

Ir.bums.REC.1398.384

Health conditions studied

1

Description of health condition studied

low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain

2

Description of health condition studied

depression

ICD-10 code

F06.32

ICD-10 code description

Mood disorder due to known physiological condition with major depressive-like episode

Primary outcomes

1

Description

Percentage of people with chronic low back pain

Timepoint

Measurement of low back pain score before the intervention and after one month after the start of acupressure

Method of measurement

VAS Questionnaire

Secondary outcomes

1

Description

Depression score

Timepoint

Measure before the intervention and then measure immediately after the intervention

Method of measurement

Beck Depression Inventory

Intervention groups

1

Description

Intervention group: Intervention group: Acupressure in Feng Chi Yin Tong and Shufu points for 5 minutes at each point and once a day for a month by the patient herself who will be taught by the researcher.

Category

Treatment - Other

2

Description

Control group: Control group: Acupressure in Chen Jiang Ji ach and Huang shu for 5 minutes at each point and once a day for a month by the patient herself who will be trained by the researcher

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi Hospital

Full name of responsible person

Ali Ghanbari

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Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Dr. Mohammad Riahi

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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

Birjand 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

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Ali Ghanbari

Position

Post Graduate Student

Latest degree
Master
Other areas of specialty/work
Nursery
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
All data is potentially shareable after unidentified individuals
When the data will become available and for how long
Access period starts 6 months after the results are published
To whom data/document is available
It will be available only to researchers working in academic and scientific institutions
Under which criteria data/document could be used
There are no conditions
From where data/document is obtainable
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What processes are involved for a request to access data/document
Request information via email to the researcher and receive the information
Comments