Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 2026

comparative evaluating the effect of acupressure and reflexology on constipation in pregnant women in health center of birjand

Protocol summary

Study aim
determining the effect of acupressure and reflexology on constipation in pregnant women in health centers
Design
clinical trial with intervention and control group of phase zero randomization on 90 patient
Settings and conduct
this study is performed on 90 pregnant women aged 12 to 32 week who meet the inclusion criteria in health centers of birjand city by simple randomization
Participants/Inclusion and exclusion criteria
do you have constipation or moderate to high severity meaning someone has a score of 9on the pregnancy constipation scale in the last three days
Intervention groups
group acupressure-group reflexology-controlled
Main outcome variables
severe constipation

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20210626051706N1**
Registration date: **2021-12-20, 1400/09/29**
Registration timing: **registered_while_recruiting**

Last update: **2021-12-20, 1400/09/29**
Update count: **0**
Registration date
2021-12-20, 1400/09/29

Registrant information
Name
fahime jamshidi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 56 3220 0069
Email address
fahimejamshidi1366@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2021-11-28, 1400/09/07
Expected recruitment end date
2021-12-28, 1400/10/07
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
comparative evaluating the effect of acupressure and reflexology on constipation in pregnant women in health center of birjand

Public title
comparative evaluating the effect of acupressure and reflexology on constipation in pregnant women
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
single pregnancy you have moderate constipation being in the 12- 32 week of pregnancy no gastrointestinal disease no history of colon surgery no diabetes do not take intestinal stimulant drugs do not take medication that cause or aggravate constipation no hyperthyroidism no anxiety disorders
Exclusion criteria:
a score below 9,compared to a constipation test in the last three days

Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
in this study ,among the health centers of birjand city from an area that were cully,socially and economically similar,were selected by available sampling method and then by simple random method one center as an acupressure group , one center as a reflexology group and another center of control group was selected
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not 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 siences
Street address
18,5 Pirozi,2GHaffari
City
birjand
Province
South Khorasan
Postal code
97711876411
Approval date
2021-02-14, 1399/11/26
Ethics committee reference number
Ir.bums.REC.1399.504

Health conditions studied

1

Description of health condition studied
constipation in pregnancy
ICD-10 code
K59.0
ICD-10 code description
Constipation

Primary outcomes

1

Description
severe constipation
Timepoint
before studying the first week ,the second week,the third week,the fourth week
Method of measurement
pregnancy constipation questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
the first group of acupressure intervention that massage in two points li11 and st36 by sixty people with a pressure of 3 to 4 kg for 16 minutes 12 times
Category
Other

2

Description
intervention group 2 reflexology group massage in the area of large and small intestine in the sole of the foot at the rate of 4 to 5 kg per foot for 8 minutes in 12 turns
Category
Other

3

Description
Control group: has not received any intervention
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Birjand health centers
Full name of responsible person
Fahime Gamshidi
Street address
18.Pirozi 5.GHafari 2
City
Birjand
Province
South Khorasan
Postal code

9771876411

Phone
+98 56 3220 0073

Email
Fahimejamshidi1366@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Birjand University of Medical Sciences

Full name of responsible person
Mohamad Hasan Namaei

Street address
18.Pirozi 5,GHafari2

City
Birjand

Province
South Khorasan

Postal code
9771876411

Phone
+98 56 3220 0073

Email
fahimejamshidi1366@gmail.com

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
Fahime Gamshidi

Position
Senior nursing student

Latest degree
Master

Other areas of specialty/work
Nursery

Street address
18,GHafari2,Pirozi5

City
Birjand

Province
South Khorasan

Postal code
9771876411

Phone
+98 56 3220 0073

Email
fahimejamshidi1366@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Birjand University of Medical Sciences

Full name of responsible person
Fahime Gamshidi

Position
Senior nursing student

Latest degree
Master

Other areas of specialty/work
Nursery

Street address
18,GHafari 2,Pirozi5

City
Birjand

Province
South Khorasan

Postal code
9771876411

Phone
+98 56 3220 0073

Email
fahimejamshidi1366@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Birjand University of Medical Sciences

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Fahime Gamshidi

Position
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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
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
all data can be shared after being unidentified
When the data will become available and for how long
access period starts 3 months after printing
To whom data/document is available
university researchers
Under which criteria data/document could be used
there is no condition for access
From where data/document is obtainable
request a personal email
What processes are involved for a request to access data/document
request a personal email
Comments