Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of acupressure on severity of fatigue and pain of multiple sclerosis patients.

Protocol summary

Summary

Multiple sclerosis (MS) is a chronic, progressive neurological disease that results in a set of environmental factors, genetic and autoimmune occurs. This study investigated the effect of acupressure in reducing fatigue and pain that patients with MS. METHODS: A sample of 100 women (18-40 years) of the MS Society in Tehran have inclusion criteria (female, they have a week of pain, fatigue are mentioned, the use of lack of acupressure) are selected. Patients randomized in the acupressure group (n = 50) and controls (n = 50). Pain is measured with visual analog scale and fatigue is measured with FSS questionnaire.Interventions in this study is to educate patients for intervention.In groups of three points LI4, SP6, ST36, each for two minutes on each side of the body three times a day for two weeks to do by themselves. In control group instead of just pushing the points they are touched.The FSS questionnaire and visual analog scale of pain completed once before the first intervention, immediately after the intervention, two weeks and four weeks after they completed the intervention. Patients who do not want to do and don't a quarter days are excluded.

General information

Acronym

multiple sclerosis(MS)

IRCT registration information

IRCT registration number: **IRCT201108276247N2**
Registration date: **2011-08-29, 1390/06/07**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2011-08-29, 1390/06/07

Registrant information

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Recruitment status

Recruitment complete

Funding source

Nursing Research Center, Tehran University of Medical Sciences

Expected recruitment start date

2011-09-01, 1390/06/10

Expected recruitment end date

2011-12-01, 1390/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on severity of fatigue and pain of multiple sclerosis patients.

Public title

The Effect of Acupressure on Severity of Fatigue and Pain of Multiple Sclerosis (MS) disease in female members of MS Association.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: women with stable vital signs; lack of wounds and deformity in the LI4(When the thumb is in

full extension, the middle point of the angle between the first and second metacarpal), ST36(The width of a finger tip to the side with the lower edge of the tibia 3 cun below the knee), SP6(or sanyingiao 3 cun above the inner ankle to the back edge of the posterior tibia); being able to read and write; confirmed fatigue related to MS; no history of using acupressure; no history of smoking, using drugs or pills; age between18-40 and EDSS is between 0-5.5. Exclusion criteria: unwillingness to continue participation in the trial; complications during the procedure; known physical and mental disorders; being perform the acupressure point 4LI, ST36, SP6 and don't have any sense of warmth, heaviness, swelling or numbness and not performing more than a quarter of days.

Age
From **18 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tehran University of Medical Sciences

Street address
Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.

City
Tehran

Postal code

Approval date
2011-07-25, 1390/05/03

Ethics committee reference number
13783

Health conditions studied

1

Description of health condition studied
multiple sclerosis

ICD-10 code
G35

ICD-10 code description
multiple sclerosis

Primary outcomes

1

Description
Pain reduction

Timepoint
Before the intervention, immediately after, two weeks after the first two weeks after the last intervention

Method of measurement
Visual analog scale

2

Description
Fatigue reduction

Timepoint
Before the intervention, immediately after, two weeks after the first two weeks after the last intervention

Method of measurement
Fatigue Severity Scale

Secondary outcomes

1

Description
Severity of pain

Timepoint
Before the intervention, immediately after, two weeks after the intervention and four weeks after the first intervention

Method of measurement
Visual analog scale

2

Description
Severity of fatigue

Timepoint
Before the intervention, immediately after, two weeks after the intervention and four weeks after the first intervention

Method of measurement
Fatigue Severity Scale

Intervention groups

1

Description
Patients in the intervention group or individual instruction for acupressure points (LI4, SP6, ST36) for

two minutes on each side, three times a day for two weeks

Category

Treatment - Other

2

Description

Control group: same the intervention group rather than just do the palpation.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

MS Society in Tehran

Full name of responsible person

Dr.Allaie

Street address

No. 35, Shams St., Taleghani Avenue, Vesal Shirazi street, Enqelab Avenue

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Akbar Fotouhi

Street address

Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.

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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

Tehran 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

Tehran University of Medical Sciences, School of Nursing and Midwifery

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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