# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## Comparison the effect of moxibustion & acupressure at the point sp6 on severity of primary dysmenorrhea

### Protocol summary

**Summary**

General objective: Comparison the effect of moxibustion & acupressure at the point sp6 on the severity of dysmenorrhea in female students residing in dormitories of Islamic Azad University of Sabzevar in 2015. Design of the study: Methods of study: A) The study population: all female students of primary dysmenorrhea residing in dormitories of Islamic Azad University of Sabzevar in 2015. Study Sample: all female students residing in dormitories of Islamic Azad University of Sabzevar in 2015; goups: moxibustion and acupressure; Sample size: 100; Randomized. Setting and conduct: clinical trial; Inclusion criteria: being single; age between 18 – 25 year old; girls with primary dysmenorrhea that the pain intensity as moderate to severe based McGill ruler; do not suffering from chronic diseases (diabetes, hypertension, cardiac diseases, infectious diseases, liver, kidney); regular menstruation (period between 21 – 35 days); have not any symptoms of itching, abnormal discharge during study; the absence of ulcer, varicose, cutaneous and inflammatory diseases at the point sp6. Exclusion criteria: individual's consent to continue participating in the study; pelvic known pathology(myoma, pelvic tumor, endometriosis, PID) during the study; improper use of moxibustion & acupressure; any use of herbal drug during the study; Sensitivity to moxa. Intervention in study: use moxibustion & acupressure; Intervention duration: Twice with an interval of 48 hours before their bleeding and 2 first day of bleeding. The primary outcome: reduce primary dysmenorrheal after intervention.

### General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201505236807N17**
Registration date: **2015-08-04, 1394/05/13**
Registration timing: **retrospective**
Last update:
Update count: **0**

**Registration date**

2015-08-04, 1394/05/13

**Registrant information**

**Name**
Sedigheh Amir Ali Akbari
**Name of organization / entity**
Shahid Beheshti University of Medical Sciences
**Country**
Iran (Islamic Republic of)
**Phone**
+98 21 2272 9240
**Email address**
akbarisedd@sbmu.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

The International Branch of Shahid Beheshti University of Medical Sciences& Health Services

**Expected recruitment start date**

2015-02-14, 1393/11/25

**Expected recruitment end date**

2015-06-15, 1394/03/25

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison the effect of moxibustion & acupressure at the point sp6 on severity of primary dysmenorrhea

**Public title**

Comparison the effect of moxibustion & acupressure on severity of menstrual pain

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: being single; age between 18 – 25 year old; girls with primary dysmenorrhea that the pain intensity as moderate to severe based McGill ruler; do not suffering from chronic diseases (diabetes, hypertension, cardiac diseases, infectious diseases, liver, kidney); regular menstruation (period between 21 – 35 days); have not any symptoms of itching, abnormal discharge during study; not taking any medication, supplements; they should not use any herbal remedies about 3 months ago Intervention; they should not have any deplorable event such as near relatives' death or surgical operation in recent six months; the absence of ulcer, varicose, cutaneous and inflammatory diseases at the point sp6. Exclusion criteria: individual's consent to continue participating in the study; pelvic known pathology(myoma, pelvic tumor, endometriosis, PID) during the study; improper use of moxibustion & acupressure; any use of herbal drug during the study; Sensitivity to moxa.

**Age**

From **18 years** old to **25 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)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

The International Branch of Shahid Beheshti University of Medical Sciences& Health Services

**Street address**

Shaid Beheshti University of Medical Sciences, next to Tavanir, Abbas pur Street, Valiasr Street

**City**

Tehran

**Postal code**

**Approval date**

2015-01-19, 1393/10/29

**Ethics committee reference number**

1000/2581

## Health conditions studied

### 1

**Description of health condition studied**

Primary dysmenorrhea

**ICD-10 code**

N94.4

**ICD-10 code description**

Primary dysmenorrhea

## Primary outcomes

### 1

**Description**

Severity of primary dysmenorrhea

**Timepoint**

Before the intervention, while following intervention during the 3 first day of bleeding in 2 cycles.

**Method of measurement**

Verbal Multidimensional Scoring System Questionnaire, McGill ruler.

## Secondary outcomes

### 1

**Description**

Complications

**Timepoint**

Finally of bleeding days

**Method of measurement**

Questionnaire

## Intervention groups

### 1

**Description**

Intervention group1: in people with inclusion criteria To be attached moxa burning for 10 minutes,( twice with an interval of 48 hours, 4-5 days before their bleeding and 2 first day of bleeding) during 2 cycles. pain intensity with Systemic characteristics associated Will be recorded using McGill and verbal multidimensional scoring system.

**Category**

Treatment - Other

### 2

**Description**

Intervention group2: in people with inclusion criteria To be acupressure at sp6 points for 10 minute on each feet, ( twice with an interval of 48 hours, 4-5 days before their bleeding and 2 first day of bleeding) during 2 cycles. pain intensity with Systemic characteristics associated Will be

recorded using McGill and Verbal Multidimensional Scoring System.

**Category**

Treatment - Other

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

University girl's Kosar dormitory of Islamic Azad University of Sabzevar

**Full name of responsible person**

Yaghobinezhad Azam

**Street address**

Daneshgah Street, Pasdaran Boulevard, Doctor Shariati Square

**City**

Sabzevar

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

The International Branch of Shahid Beheshti University of Medical Sciences& Health Services

**Full name of responsible person**

Dr. Masoumeh Simbar

**Street address**

Shaid Beheshti University of Medical Sciences, next to Tavanir, Abbas pur Street, Valiasr Street

**City**

Tehran

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

The International Branch of Shahid Beheshti University of Medical Sciences& Health Services

**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**

Shaid Beheshti University of Medical Sciences

**Full name of responsible person**

Sedigheh Amir Ali Akbari

**Position**

MSc in midwifery

**Other areas of specialty/work**

**Street address**

Midwifery group, School of Nursing and Midwifery Shahid Beheshtii, Front Rajai Heart Hospital, Highway intersection niayesh, Valiasr street

**City**

Tehran

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**Web page address**

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

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**Full name of responsible person**

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**Position**

MSc in midwifery of Shaid Beheshti University of Medical sciences

**Other areas of specialty/work**

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**Web page address**

## Person responsible for updating data

**Contact**

## 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*