Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the effectiveness of laser acupuncture in reducing blood pressure in patients with resistant hypertension

Protocol summary

Study aim
Investigating the effectiveness of laser acupuncture in reducing blood pressure in patients with resistant blood pressure
Design
The one arm clinical trial, 20 patients with resistance hypertension
Settings and conduct
Patients referred to Cardiology Clinic of Shahada Tajrish medical center will be included in the study.
Participants/Inclusion and exclusion criteria
Patients with resistant systolic blood pressure of 140 to 160 mm Hg or resistant diastolic blood pressure of 85 to 95 mm Hg. There is no need for emergency action No treatment with corticosteroids and NSAID
Intervention groups
Acupuncture Laser
Main outcome variables
Systolic blood pressure Diastolic blood pressure

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20111121008146N46**
Registration date: **2024-06-09, 1403/03/20**
Registration timing: **prospective**

Last update: **2024-06-09, 1403/03/20**
Update count: **0**
Registration date
2024-06-09, 1403/03/20

Registrant information
Name
Mohammadreza Razaghi
Name of organization / entity
Laser application in medical sciences research center
Country
Iran (Islamic Republic of)
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laser.cntr@sbmu.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2024-09-22, 1403/07/01
Expected recruitment end date
2025-09-23, 1404/07/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the effectiveness of laser acupuncture in reducing blood pressure in patients with resistant hypertension

Public title
The the effectiveness of laser acupuncture in reducing resistant hypertension
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Resistant hypertension
Exclusion criteria:
-Patients who are treated with corticosteroids and painkillers are not included in the study due to their direct effects on inflammation. Patients with blood pressure higher than resistant systolic blood pressure of 140 to 160 mm Hg or resistant diastolic blood pressure

of 85 to 95 mm Hg are not included in the study.

Age
From **20 years** old to **65 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **20**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features
-

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee in Biomedical Research,of laser application in meddical sciences research center

Street address
Laser application in medical sciences research center, shohada tajrish hospital, Shahrdari st, Tajrish sq

City
Tehran

Province
Tehran

Postal code
1989934370

Approval date
2024-05-08, 1403/02/19

Ethics committee reference number
IR.SBMU.LASER.REC.1403.005

Health conditions studied

1

Description of health condition studied
Resistance hypertention

ICD-10 code
I10

ICD-10 code description
Essential (primary) hypertension

Primary outcomes

1

Description
systolic blood pressure

Timepoint
Before the study, after the end of the intervention, 1 month after the end of the intervention

Method of measurement
manometer

2

Description
Diastolic blood pressure

Timepoint
Before the study, after the end of the intervention, 1 month after the end of the intervention

Method of measurement
manometer

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: laser acupuncture

Category
Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center
Shohada Tajrish Medical center

Full name of responsible person
Behzad Hajimoradi

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Shohada Tajrish Hospital, Shahrdari st, Tajrish sq, Tehran

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Afshin Zarghi
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Yaman st, Danshjoo Blvd, Velenjak st
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1985717443
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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
Shahid Beheshti 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
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Behzad Hajimoradi
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Associate professor
Latest degree
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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
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document
It will be given in the article

When the data will become available and for how long
2025

To whom data/document is available
Researchers of the Laser Application in Medical Sciences Research Center

Under which criteria data/document could be used
If a similar study will be conducted

From where data/document is obtainable
Laser Application in Medical Sciences Research Center

What processes are involved for a request to access data/document
Proposal presentation

Comments