Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Auriculotherapy on Occupational Stress in Health Personnel in Hospital: A randomized Controlled Trial

Protocol summary

Study aim
Determining the effect of auriculotherapy on occupational stress in hospital personnel

Design
The present study will be a single-blind, randomized controlled trial with two parallel groups on 96 people. The randomization phase will be performed and demographic and occupational questionnaires will be completed. Randomization will be performed using the online site https://www.sealedenvelope.com/simple-randomiser/v1/lists.

Settings and conduct
The present study will be a single-blind, randomized controlled trial with two parallel groups, Which will be performed at Dr. Pirouz Hospital in Lahijan. Individuals will respond to a standard job stress questionnaire. before the intervention, the job stress classification will be divided into two categories. Randomization will be performed using the online site https://www.sealedenvelope.com/simple-randomiser/v1/lists.

Participants/Inclusion and exclusion criteria
Inclusion criteria: at least 6 months of experience working in a hospital Have completed a written informed consent form Their job stress score is moderate or severe Exclusion criteria: Individuals with a history of known chronic physical or psychiatric illness Individuals have been treated with auriculotherapy within the last two months Pregnant employees

Intervention groups
Auriculotherapy will be administered once a week for 6 weeks for both intervention and control groups. stimulate the target points for 15 seconds each with the Pointer Excel II device, and then hypoallergenic seeds will be attached to the ear. IN this study, four main stress-related areas including Shenmen, Endocrine, Tranquilizer and Relaxation points will be stimulated in the non-dominant ear of the intervention group. IN the control group, stimulation and seed placement will be performed at 4 pseudo-points other than the main points and further away from the mentioned areas

Main outcome variables
Job stress

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20241004063257N1**
Registration date: **2024-12-02, 1403/09/12**
Registration timing: **prospective**

Last update: **2024-12-02, 1403/09/12**
Update count: **0**

Registration date
2024-12-02, 1403/09/12

Registrant information

Name
Morvarid Ghasab Shirazi

Name of organization / entity
Guilan University of Medical Sciences

Country
Iran (Islamic Republic of)

Phone
+98 13 3260 2398

Email address
morvashirazi@gums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-12-20, 1403/09/30

Expected recruitment end date
2025-12-21, 1404/09/30

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of Auriculotherapy on Occupational Stress in Health Personnel in Hospital: A randomized Controlled Trial

Public title
The effect of Auriculotherapy on Occupational Stress
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Healthcare personnel who have at least 6 months of experience working in a hospital Have completed a written informed consent form Their job stress score is moderate or severe
Exclusion criteria:
Individuals with a history of known chronic physical or psychiatric illness Individuals have been treated with auriculotherapy within the last two months Pregnant employees
Age
From **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **96**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization will be performed using the online site https://www.sealedenvelope.com/simple-randomiser/v1/lists. To ensure proper randomization, the resulting randomization list will be provided to an epidemiologist or other individual other than the person administering the intervention. Each time personnel come to participate in the study, they will be asked by telephone about their allocation to each of the study groups.
Blinding (investigator's opinion)
Single blinded
Blinding description
All participants will be blinded to the intervention, while the researchers will be aware of the treatment techniques and the outcome assessor will be unaware of the type of intervention performed and will not actually know which points were stimulated.
Placebo
Not used
Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Guilan University of Medical Sciences
Street address
Siadati Blvd ., Namjoo Ave
City
Rasht
Province
Guilan
Postal code
4477166595
Approval date
2024-09-25, 1403/07/04
Ethics committee reference number
IR.GUMS.REC.1403.272

Health conditions studied

1

Description of health condition studied
Job Stress
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Job Stress
Timepoint
Before the intervention, job stress will be assessed at the end of the third and sixth auriculotherapy sessions and 15 days after the end of treatment to assess the effectiveness of the treatment.
Method of measurement
In this study, the Persian and psychometric version of the OSIPO questionnaire will be used to assess the level of job stress.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Auriculotherapy will be performed

once a week for 6 weeks for both intervention groups. The target points will be stimulated for 15 seconds each with the Pointer Excel II device and then Vaccaria seeds will be applied. Participants will be instructed to apply manual pressure to the ear points at least five times a day. In this study, four main stress-related areas including the Shen Man, Endocrine, Tranquilizer, and Relaxation points will be stimulated on the non-dominant ear in the intervention group.

Category

Rehabilitation

2

Description

Control group: stimulation and seed placement will be performed at 4 false points other than the main points and further away from the mentioned areas for the same period of time, and the same instructions as the intervention group will be given.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Pirooz Hospital

Full name of responsible person

Morvarid Ghasab Shirazi

Street address

Keshavarz Blvd

City

Lahidjan

Province

Guilan

Postal code

4311144199

Phone

+98 13 4223 5503

Email

morvashirazi@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Guilan University of Medical Sciences

Full name of responsible person

Ramyar Farzan

Street address

Namjoo Blvd

City

Rasht

Province

Guilan

Postal code

4193713111

Phone

+98 13 3333 6394

Email

research@gums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Guilan 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

Guilan University of Medical Sciences

Full name of responsible person

Morvarid Ghasab Shirazi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Complementary medicine

Street address

Namjoo Blvd

City

Rasht

Province

Guilan

Postal code

4193713111

Phone

+98 13 3334 6489

Email

morvashirazi@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Guilan University of Medical Sciences

Full name of responsible person

Morvarid Ghasab Shirazi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Complementary medicine
Street address
Namjoo Blvd
City
Rasht
Province
Guilan
Postal code
4193713111
Phone
+98 13 3334 6489
Email
morvashirazi@yahoo.com

Person responsible for updating data

Contact
Name of organization / entity
Guilan University of Medical Sciences
Full name of responsible person
Morvarid Ghasab Shirazi
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Midwifery
Street address
Namjoo Blvd
City
Rasht
Province
Guilan
Postal code
4193713111
Phone
+98 13 3334 6489
Email
morvashirazi@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
No more information available.
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable