Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Compare acupressure in points p6 and placebo on anxiety level of students at the beginning of training in surgical technology students, Kashan University Of Medical Sciences

Protocol summary

Summary

The purpose of this study is to survey acupressure effect upon fresh man/woman surgical technology students have gone to the operating room. 60 surgical technology students in the beginning of training course will select. They are randomly divide to P6 and Placebo groups. At the first stage, the students will complete the Spielberg questionnaire. Then in the acupressure group the P6 point will press by the first researcher's thumb finger in this way; 1 minute pressure, 30 seconds rest and then 1 minute pressure, again. For the Placebo group the P6 point will touch by the first researcher's thumb finger as long as that time, as well. Then the students will enter to the operating room and look at the surgeries for 15 minutes. The Spielberg questionnaire will fill out by the students, again. Ultimately, Two groups are compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201308038348N5**
Registration date: **2013-08-21, 1392/05/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-08-21, 1392/05/30

Registrant information

Name

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2013-06-04, 1392/03/14

Expected recruitment end date

2013-08-05, 1392/05/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Compare acupressure in points p6 and placebo on anxiety level of students at the beginning of training in surgical technology students, Kashan University Of Medical Sciences

Public title

The effect of acupressure on the anxiety level

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Surgical technology student, Entrance to the operating room for the first time, Lack of mental illness Exclusion criteria: Anti-anxiety drugs for one week before intervening.

Age

From **17 years** old to **30 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
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
Kashan University of Medical Sciences
Street address
Kashan, Ravand Street, Kashan University of Medical Science
City
Kashan
Postal code
8715981151
Approval date
2012-10-22, 1391/08/01
Ethics committee reference number
8391

Health conditions studied

1

Description of health condition studied
Anxiety
ICD-10 code
F40
ICD-10 code description
Phobic anxiety disorders

Primary outcomes

1

Description
Apparent anxiety
Timepoint
Before and after intervention
Method of measurement
Spielberger questionnaire

Secondary outcomes

1

Description
Hidden anxiety
Timepoint
Before and after intervention
Method of measurement
Spielberger questionnaire

Intervention groups

1

Description
In intervention group pressured p6 point of one minute then 30 second rest, then pressure again one minute
Category
Prevention

2

Description
In control group p6 points was only touching the thumb
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
School of Nursing and Midwifery, Kashan University of Medical Sciences
Full name of responsible person
Neda Mirbagher
Street address
Parastar Street, Ravand, Kashan University of Medical
City
Kashan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Neda Mirbagher
Street address
Parastar Street, Ravand Street, Kashan University of Medical Sciences
City
Kashan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ms

Other areas of specialty/work

Street address

Parastar Street, Ravand, Kashan University of Medical

City

Kashan

Postal code

Phone

+98 36 1555 0021

Fax

+98 36 1555 6633

Email

salam_20012003@yahoo.co.uk

mirbagher_n@kaums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ms

Other areas of specialty/work

Street address

Parastar Street, Ravand, Kashan University of Medical

City

Kashan

Postal code

Phone

+98 36 1555 0021

Fax

+98 36 1555 6633

Email

salam_20012003@yahoo.co.uk

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ms

Other areas of specialty/work

Street address

Parastar Street, Ravand, Kashan University of Medical

City

Kashan

Postal code

Phone

+98 36 1555 0021

Fax

+98 36 1555 6633

Email

salam_20012003@yahoo.co.uk

Web page address

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