

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effectiveness of wet-cupping for nonspecific low back pain

Protocol summary

Summary

Objectives To determine the efficacy of wet-cupping for treating persistent nonspecific low back pain. Inclusion criteria included: (a) lower back pain persisting for 4 weeks or more;(b) age 17-68 years; and; (c) current episode of low back pain having at least a 4-week duration. Exclusion criteria included possible spinal pathology (e.g., carcinoma), severe or progressive motor weakness or central disc prolapse, pending litigation (e.g., workplace injury), bleeding disorders (e.g., hemophilia), and current treatment with wet-cupping. In total, 98 patients aged 17-68 years with nonspecific low back pain; 48 were randomly assigned to experimental group and 50 to the control group. Patients in the experimental group were offered to the wet-cupping service and the control group received usual care. Main outcome measures: Three outcomes assessed at baseline and again 3 months following intervention: the McGill Present Pain Index, Oswestry Pain Disability Index, and the Medication Quantification Scale.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138707161310N1**

Registration date: **2008-10-21, 1387/07/30**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2008-10-21, 1387/07/30

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences, Iran

Expected recruitment start date

2008-05-14, 1387/02/25

Expected recruitment end date

2009-05-14, 1388/02/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of wet-cupping for nonspecific low back pain

Public title

The effectiveness of wet-cupping for nonspecific low back pain in Iran: A randomized controlled trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria included: (a) lower back pain persisting for 4 weeks or more; (b) age 17-68 years; and (c) current episode of low back pain having at least a 4-week duration. Exclusion criteria included possible spinal pathology (e.g., carcinoma), severe or progressive motor weakness or central disc prolapse, pending litigation (e.g., workplace injury), bleeding disorders (e.g., hemophilia), and current treatment with wet-cupping.

Age

From **17 years** old to **68 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 98

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

1

Registry name

Secondary trial Id

Registration date

2017-11-21, 1396/08/30

Ethics committees

1

Ethics committee

Name of ethics committee

Kermanshah University of Medical Sciences

Street address

Kermanshah, Iran

City

Kermanshah

Postal code

Approval date

2008-03-03, 1386/12/13

Ethics committee reference number

87009

Health conditions studied

1

Description of health condition studied

Low Back Pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Low Back Pain

Timepoint

At baseline and 3 months following intervention

Method of measurement

the McGill Present Pain Index

Secondary outcomes

1

Description

Disability

Timepoint

At baseline and again 3 months following intervention

Method of measurement

Oswestry Pain Disability Index

2

Description

Medication

Timepoint

At baseline and again 3 months following intervention

Method of measurement

Medication Quantification Scale.

Intervention groups

1

Description

intervention: Wet-cupping, Control: drug, rest, physiotherapy

Category

empty

Recruitment centers

1

Recruitment center

Name of recruitment center

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Habiballah khazaie

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Deputy of Research, Kermanshah University of Medical Sciences

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Nourizad

Street address

Kermanshah University of Medical Sciences, Iran

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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
Kermanshah 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
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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