

# Self-Acupressure for Primary Dysmenorrhea and Premenstrual Symptoms

NCT07409337

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Nigde Omer Halisdemir University
Enrollment	120 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Female participants aged 18 to 30 years
- Regular menstrual cycles (21-35 days)
- Diagnosis of primary dysmenorrhea with moderate to severe menstrual pain
- Presence of premenstrual symptoms consistent with premenstrual syndrome
- Currently enrolled as a university student

... and 2 more (see full listing online)

### Exclusion (7)

- Secondary dysmenorrhea (e.g., endometriosis, uterine fibroids, pelvic inflammatory disease)
- Current use of hormonal contraceptives or hormonal therapy within the past 3 months
- Pregnancy or breastfeeding
- Chronic gynecological, endocrine, or systemic disease that may affect menstrual pain or symptoms
- Regular use of analgesic or anti-inflammatory medications outside menstruation

... and 2 more (see full listing online)

## Locations (1 total)

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Nigde Ömer Halisdemir University Hospital, Ni de, Merkez, Turkey (Türkiye)