Constipation

Randomised Controlled Trial

**Effects of self-acupressure on pregnancy-related constipation: A single-blind randomized controlled study.**  
Kirca, A. Ş., & Kanza Gül, D. (2021). Effects of self-acupressure on pregnancy-related constipation: A single-blind randomized controlled study. *Explore (New York, N.Y.)*, *17*(5), 463–468. https://doi.org/10.1016/j.explore.2020.07.004  
**Objectives:**This study aimed to demonstrate that acupressure could be used to relieve the symptoms of constipation during pregnancy. **Design:**Single-blind randomized controlled trial SETTING: Private Medipol Nisa Hospital, Istanbul, Turkey INTERVENTION: This trial including 120 women aged ≥20 years was conducted from November 2019 to February 2020. The participating women who were in the 1st, 2nd or 3rd trimester of their pregnancy, had singleton pregnancy and had a complaint of constipation were randomized into the acupressure (n = 75) and control groups (n = 75). The women in the acupressure group applied 15 min of self-acupressure to the TH-6 acupuncture point twice a day for one week. The women in the control group received no intervention treatment. **Main outcome measures:**Constipation levels of the participants in the two groups were assessed before and after the procedure using the Constipation Severity Instrument RESULTS: In the present study, after the application of self-acupressure, the severity of constipation decreased significantly in the acupressure group compared to the control group (before treatment: 41.36 ± 6.5 vs. 37.56 ± 6.17 respectively, after treatment: 26.08 ± 7.93 vs. 36.88 ± 5.93, respectively, p < 0.01) CONCLUSION: Although it is safe to use medical drugs in constipation associated with pregnancy, can't reduce it to the extent desired. This study's evidence indicates that self-administered acupressure can effectively alleviate the symptoms of constipation in clinical practice.