



Participant Recruitment

Screening for eligibility

2-week baseline

Randomization (1:1:1 ratio)

Acupressure group  
(n=33)

Sham-acupressure group  
(n=33)

Usual-care group  
(n=33)

10 sessions/week for 2 weeks

Outcome measurements at end of  
3<sup>rd</sup>, 5<sup>th</sup>, and 8<sup>th</sup> weeks

Data analysis