Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of Yoga on the active phase of labor pain

Protocol summary

Summary

Major objective: To determine the effect of yoga on the active phase of labor pain Type of study: randomized clinical trial of a multivariate blind Inclusion criteria: pregnant women18 to 35 years; 24 to 26 weeks gestational age and lack of Yoga contraindication. Exclusion criteria: Those who have not done yoga at home; problems during pregnancy. Sample size was calculated that 146 patients randomly and selected individuals will be allocated in the intervention and control groups. In this study, the mean pain score and the active phase of labor between the intervention and control groups will be recorded. Initially, both groups will be matched and subsequently, a 45-minute session to mothers about the delivery process and is taught how to use the ruler Mc Gill. Until labor the intervention group will participate yoga classes, which are held by a coach, and also will do 15 minutes a day of physical movements, breathing techniques and meditation practice at home. Both groups at the active phase of labor at 37 to 42 weeks of pregnancy will be admitted in the hospital. Intervention group during the whole delivery do Relaxation, breathing and meditation techniques and control groups will receive common care hospital .at 4 cm dilatation of cervix, every 2 hours the intensity of labor pain will be measured with the McGill ruler. The outcome of delivery will be measured based on duration of different stages of labor, Apgar score and infant birth weight.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206099983N1**
Registration date: **2012-07-03, 1391/04/13**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-07-03, 1391/04/13

Registrant information

Name
Hoorieh Shayegan
Name of organization / entity
Guilan University of Medical Sciences
Country
Iran (Islamic Republic of)
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+98 14 2523 6262
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shayegan@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Guilan University of Medical Sciences approved project

Expected recruitment start date

2012-06-21, 1391/04/01

Expected recruitment end date

2013-08-23, 1392/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Yoga on the active phase of labor pain

Public title

The impact of Yoga on labor

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: pregnant women18 to 35 years; 24 to 26 weeks gestational age; Weighing over 45 kg; height 150 cm high; Singleton pregnancy; lack of drug abuse or addiction; alcohol and smoking; lack of previous

participation in childbirth preparation classes; Yoga contraindication like Asthma, back injuries, carpal tunnel syndrome; diarrhea, headaches, heart problems, high blood pressure, insomnia, low blood pressure, knee and neck injuries. Exclusion criteria: Those who have not done yoga at home; problems during pregnancy such as intrauterine growth restriction, bleeding, high blood pressure, chorioamnionitis, preterm delivery.

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **146**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Guilan University Of Medical Sciences

Street address
Namjoo Ave,Rasht

City
Rasht

Postal code

Approval date
2009-05-24, 1388/03/03

Ethics committee reference number
5880131102

Health conditions studied

1

Description of health condition studied
labor pain

ICD-10 code
O80.0

ICD-10 code description
Spontaneous vertex delivery

Primary outcomes

1

Description
Labor pain in active phase of delivery

Timepoint
At 4 cm dilatation of cervix, every 2 hours the intensity of labor pain will be measured

Method of measurement
By the McGill ruler

Secondary outcomes

1

Description
Neonatal Apgar score

Timepoint
At the first and 5th minute after delivery

Method of measurement
Standard apgar score check list

Intervention groups

1

Description
yoga exercise

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Lahijan health centers

Full name of responsible person
Soheila Majidi

Street address
Sharghe Guilan faculty of Guilan university of Medical Sciences

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Langroud

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research deputy of Guilan University of Medical Sciences

Full name of responsible person
Dr Abdolrasoul Sobhani

Street address
Research deputy, Namjoo Ave, Rasht

City
Rasht

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research deputy of Guilan 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

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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