

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

31 May 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 women 18 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)

###### Phone

+98 14 2523 6262

###### Email address

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 women 18 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

##### City

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

### Contact

**Name of organization / entity**  
Guilan University of Medical Sciences  
**Full name of responsible person**  
Hoorieh Shayegan  
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faculty member and lecturer  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Web page address**

## 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*