

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Comparison of the effect of doula supportive care and acupressure on the intensity of fetal hypoxia and frequency of nucleated red blood cells in the cord blood

Protocol summary

Summary

This study is a randomized clinical trial on 150 pregnant women had referred to Shoushtari hospital, Shiraz, Iran, and compares the effect of doula supportive care and acupressure on the intensity of fetal hypoxia and frequency of nucleated red blood cells in the cord blood. After obtaining informed consent, the eligible women were allocated randomly into three groups (two experimental groups and one control group). Spielberger's test was used to measure anxiety in the three groups. In the first group, the researcher as the doula was beside the mother from her entrance into the department. She reassured the mother, encouraged her, and gave her correct and appropriate information which led to the mother's tranquility, understanding the origin of pain, developing a positive attitude toward the pain experience, and increase in their cooperation in the delivery progress. In the second group, in 3-4 and 7-8cm dilatation, the mother was placed in a proper position and BL32 point was pressed. The pressure was continuously and gently applied by both thumbs for 20 minutes. It was applied by the beginning and stopped at the end of the contractions. On the other hand, the control group only received the department's routine care. The blood from the umbilical cord sent to laboratory and results record.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013081411706N3**

Registration date: **2013-08-23, 1392/06/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-08-23, 1392/06/01

Registrant information

Name

Zahra Masoudi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Research Council of Shiraz University of Medical Sciences

Expected recruitment start date

2012-12-05, 1391/09/15

Expected recruitment end date

2013-02-03, 1391/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of doula supportive care and acupressure on the intensity of fetal hypoxia and frequency of nucleated red blood cells in the cord blood

Public title

The effect of doula supportive care and acupressure on the intensity of fetal hypoxia and frequency of nucleated red blood cells in the cord blood

Purpose

Treatment

Inclusion/Exclusion criteria

The inclusion criteria of the study: first or second pregnancy; single; term pregnancy; vertex presentation; spontaneous beginning of the delivery process; 3-4 cm cervical dilatation; being 18-35 years old, and having at least middle school degree. The exclusion criteria of the study were suffering from any physical or mental problems; oligohydramnios; preeclampsia; blood group Rh incompatibility; having a history of smoking; thick meconium, and maternal diabetes.

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: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics in Medical Research, Shiraz University of
Medical Sciences

Street address

Research_seven floors_University of Central Building_
near red crescent_zand avenue_Shiraz

City

Shiraz

Postal code

71345-1978

Approval date

2012-12-05, 1391/09/15

Ethics committee reference number

CT-91-6356

Health conditions studied

1

Description of health condition studied

Fetal hypoxia

ICD-10 code

P20.1

ICD-10 code description

Intrauterine hypoxia first noted during labour and
delivery

2

Description of health condition studied

Nucleated red blood cells in cord blood

ICD-10 code

R71

ICD-10 code description

Abnormality of red blood cells

Primary outcomes

1

Description

anxiety

Timepoint

Before and after intervention

Method of measurement

Spielberger questionnaire

2

Description

The number of nucleated red blood cells in cord blood

Timepoint

Smears of blood from the umbilical cord and peripheral
blood under the microscope

Method of measurement

Blood tests

3

Description

fetal hypoxia

Timepoint

Smears of blood from the umbilical cord and peripheral
blood under the microscope

Method of measurement

Cord blood red cell count of the peripheral smear

Secondary outcomes

empty

Intervention groups

1

Description

the researcher as the doula was beside the mother from
her entrance into the department. She reassured the
mother, encouraged her, and gave her correct and
appropriate information which led to the mother's

tranquility, understanding the origin of pain, developing a positive attitude toward the pain experience, and increase in their cooperation in the delivery progress.

Category

Treatment - Other

2**Description**

second intervention:in 3-4 and 7-8cm dilatation, the mother was placed in a proper position and BL32 point was pressed. The pressure was continuously and gently applied by both thumbs for 20 minutes.

Category

Treatment - Other

3**Description**

The third group: the control group only received the department's routine care

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shushtari Hospital

Full name of responsible person

andishe jorkesh

Street address

Corner Regiment - Shushtari Hospital

City

Shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Research Council of Shiraz University of Medical Sciences

Full name of responsible person

Dr.Gholamreza Hatam

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Research_seven floors_University of Central Building_ near red crescent_ zand avenue_Shiraz

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Research Council of Shiraz 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****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences, Division of Hematology, Oncology and Stem Cell Transplantatio

Full name of responsible person

Dr. Mani Ramzi

Position

Specialty in oncology, Associate

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Shiraz Univesity Of Medical Science

Full name of responsible person

Zahra Masoudi

Position

Student Master of Midwifery

Other areas of specialty/work**Street address**

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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