Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparision the effect of doula supportive care and acupressure (point BL32) on maternal anxiety and obstetric outcomes

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 (point BL32) on maternal anxiety and obstetric outcomes. 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 activity and relaxing positions at different stages of labor. 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. Birth outcomes in three groups studied.

General information

Acronym

point BL32: bladder 32

IRCT registration information

IRCT registration number: **IRCT2013081411706N4**
Registration date: **2013-09-01, 1392/06/10**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-09-01, 1392/06/10

Registrant information

Name

Zahra Masoudi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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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

Comparision the effect of doula supportive care and acupressure (point BL32) on maternal anxiety and obstetric outcomes

Public title

The effect of doula supportive care and acupressure (point BL32) on maternal anxiety and obstetric outcomes

Purpose

Supportive

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; 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
Mother anxiety

ICD-10 code
F41.0

ICD-10 code description
Panic disorder [episodic paroxysmal anxiety

Primary outcomes

1

Description
Anxiety

Timepoint
Before and after intervention

Method of measurement
Spielberger questionnaire

2

Description
Duration of the first and second stage of labor

Timepoint
During the intervention

Method of measurement
Per minute

Secondary outcomes

empty

Intervention groups

1

Description
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 activity and relaxing positions at different stages of labor.

Category
Treatment - Other

2

Description
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

Category
Treatment - Other

3

Description
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
Street address
Research_seven floors_University of Central Building_ near red crescent_ zand avenue_Shiraz
City
Shiraz
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
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Specialty in oncology, Associate
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Person responsible for updating data

Contact
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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