

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 Jun 2026

### Comparison the effect of supportive care for the mother and acupressure (point BL32) on the length of labor and neonate APGAR

#### Protocol summary

##### Summary

This study is a randomized clinical trial on 150 women who had referred to Shoushtari hospital, Shiraz, Iran and compare the effect of supportive care for the mother and acupressure (point BL32) on the length of labor and neonate APGAR is discussed. After obtaining informed consent, eligible women were allocated randomly into three groups (two experimental groups and one control group). The first group, the intervention was that the researcher was beside the mother since her entrance into the department until the birth, and emotional support during labor, including touching and massaging mother with love, confidence and reassurance and information and physical support such as help to change the situation her mother during labor to provide. 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. In all groups, after intervention length the first and second stage of labor and APGAR score were measured and compared.

#### General information

##### Acronym

point BL32: bladder 32

##### IRCT registration information

IRCT registration number: **IRCT2014021211706N6**

Registration date: **2014-02-14, 1392/11/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-02-14, 1392/11/25

#### Registrant information

##### Name

Zahra Masoudi

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 1235 7282

##### Email address

masoudi\_z@sums.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Research Center for Traditional Medicine and History Of Medicine

#### Expected recruitment start date

2013-09-15, 1392/06/24

#### Expected recruitment end date

2014-01-14, 1392/10/24

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Comparison the effect of supportive care for the mother and acupressure (point BL32) on the length of labor and neonate APGAR

#### Public title

The impact of supportive care for the mother and acupressure (point BL32) on the length of labor and neonate APGAR

#### Purpose

Supportive

#### Inclusion/Exclusion criteria

The inclusion criteria of the study were gestational age of

37-41 weeks based on the date of the last menstrual cycle or first and second trimester ultrasound; first or second pregnancy; being between 18 and 35 years old; single pregnancy; head presentation; lack of obvious chromosomal abnormalities and fetal anomalies; not using any special drugs during pregnancy and having at least middle school degree. On the other hand, the exclusion criteria of the study were maternal diabetes; growth restriction; Rh incompatibility; history of smoking; history of tobacco use; preeclampsia; oligohydramnios; placenta previa; placental abruption; thick meconium; suffering from any physical or mental disorder and receiving any kind of medication including pethidine, hyoscine, oxytocin, and atropine.

**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**

Deputy of Research\_Floor 7\_Shiraz University of Medical Sciences of Central Building\_Zand Avenue\_Shiraz

**City**

Shiraz

**Postal code**

71345-1978

**Approval date**

2013-09-15, 1392/06/24

**Ethics committee reference number**

CT\_P\_92\_4985

**Health conditions studied****1****Description of health condition studied**

The length of labor

**ICD-10 code**

O63.9

**ICD-10 code description**

Long labour, unspecified

**Primary outcomes****1****Description**

The length of labor

**Timepoint**

During and after intervention

**Method of measurement**

Diagram progress of labor

**2****Description**

APGAR score of neonates

**Timepoint**

After the childbirth

**Method of measurement**

The APGAR score table

**Secondary outcomes**

empty

**Intervention groups****1****Description**

The first group: supportive care, the intervention was that the researcher was beside the mother since her entrance into the department until the birth, and emotional support during labor, including touching and massaging mother with love, confidence and reassurance and information and physical support such as help to change the situation her mother during labor to provide.

**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 and underwent no interventions.

#### Category

Treatment - Other

### Recruitment centers

#### 1

##### Recruitment center

###### Name of recruitment center

Shoushtari hospital

###### Full name of responsible person

Andishe Jorkesh

###### Street address

Shoushtari hospital\_Corner of Hong

###### City

Shiraz

### Sponsors / Funding sources

#### 1

##### Sponsor

###### Name of organization / entity

Research Center for Traditional Medicine and History Of Medicine

###### Full name of responsible person

Dr. Alireza Salehi

###### Street address

Shiaz\_ Medical School\_Karimkhan Zand St

###### City

Shiraz

##### Grant name

##### Grant code / Reference number

##### Is the source of funding the same sponsor organization/entity?

Yes

##### Title of funding source

Research Center for Traditional Medicine and History Of Medicine

##### 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

Shiraz University of Medical Science

##### Full name of responsible person

Mazieh Akbarzadeh

##### Position

Master of Midwifery, Faculty Member

##### Other areas of specialty/work

##### Street address

Fatemeh(P.B.U.H)School Of Nursing & Midwifery Shiraz\_Iran

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akbarzadehmarzieh@yahoo.com

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### Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Shiraz Medical School

##### Full name of responsible person

Dr. Maryam Kasraeian

##### Position

Expert Of Obstetricians and Gynecologists\_Fellow  
Ship Of Perinatology\_Assistant Professor

##### Other areas of specialty/work

##### Street address

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Master student of midwifery

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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*