

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Comparison of management and spontaneous pushing during second stage of labor on postpartum fatigue

Protocol summary

Summary

Postpartum fatigue as an important challenge has interaction with the maternal role . It helps to increase incidence of postpartum depression and also decreases women's social activity. This study are accomplished with aim to compare management and spontaneous pushing during second stage of labor on postpartum fatigue in nulliparous women in Ayatolla Taleghani Hospital in Arak in 1389. A randomized controlled clinical trial are conducted.104 women whose have conditions for arrival this study randomly are allocated in two groups as a management and spontaneous pushing .After training, women in the spontaneous pushing group during second stage of labor will force with sense of pressure to pushing and women in management pushing will force after full cervical dilatation with starting contraction and deep breath and forced with keep breathing to 10 number. During training two groups of women are in separate rooms. The researcher gives training to the client with a person who filled questionnaire is different .In the end, fatigue in both groups will determine 1 and 24 hours after delivery with standard questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201102041845N3**
Registration date: **2011-04-10, 1390/01/21**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-04-10, 1390/01/21

Registrant information

Name

Tooba Heidari

Name of organization / entity

Arak university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 86141735039

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2010-08-23, 1389/06/01

Expected recruitment end date

2011-01-21, 1389/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of management and spontaneous pushing during second stage of labor on postpartum fatigue

Public title

kind of pushing and postpartum fatigue

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: nulliparous, aged 18 to 35 years and one singleton pregnancies with live fetus, 37 to 42 weeks gestational age based on the complete first trimester ultrasound and last menstrual period since the first day, having no known medical and Midwifery problems and intended to vaginal delivery and Iranian descent.

Exclusion criteria: drug addiction, as professional athletes, crossing over 12 hours of rupture curtains, labor with tools , fetal abnormalities and birth weight less than 2500 gram and over than 4000 grams based on the Leopold maneuvers or Sonography

Age

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

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **104**

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

Arak University of Medical Science

Street address

Arak University of Medical Science,Arak

City

Arak

Postal code

Approval date

2010-11-10, 1389/08/19

Ethics committee reference number

89-95-3

Health conditions studied

1

Description of health condition studied

postpartum fatigue

ICD-10 code

O85-O92

ICD-10 code description

Complications predominantly related to the puerperium

Primary outcomes

1

Description

postpartum fatigue

Timepoint

1 and 24 hours after delivery

Method of measurement

standard questionnaire for assessment of postpartum fatigue

Secondary outcomes

empty

Intervention groups

1

Description

After training, women in the spontaneous pushing group during second stage of labor will force with sense of pressure to pushing

Category

Prevention

2

Description

After training and women in management pushing will force after full cervical dilatation with starting contraction and deep breath and forced with keep breathing to 10 number

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatolla Taleghani Hospital

Full name of responsible person

Tooba Heidari

Street address

Arak University of Medical Sciences, Arak

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Science

Full name of responsible person

Tooba Heidari

Street address

Arak University of Medical Science,Arak

City
Arak
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak University of Medical Science
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
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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