

# 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

##### Email address

t\_heidari@arakmu.ac.ir

##### 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**

Arak

### **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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Arak University of Medical Sciences  
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### Person responsible for scientific inquiries

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### Person responsible for updating data

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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*