

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

The effect of reflexology on pain intensity and duration of labor in primipar women.

Protocol summary

Summary

Introuduction: Excessive pain can lead to the aggravation of mothers' fear and anxiety, and subsequently decrease uterine contractions and increase labor time and the probability of aided delivery and Caesarean Section. Pain control is an important part of modern Midwifery care, and in addition to pharmacological methods of pain relief, reflexology is used as a non-drug, non-invasive technique. This study aimed to investigate the effects of reflexology on pain intensity and duration of labor.

Methods: In this clinical trial, 240 Iranian primipara women with singleton gestations, age group of 18-35 years, with gestational age of 37-42 weeks, cephalic presentation fetus, no infertility background and caesarian indications, intended pregnancy, no medical or delivery problem attested by gynecologists, lack of applying analgesia and anesthesia during labor, a dilatation of 3-4 cm. The participant were selected using a convenient sampling method and randomly divided into two groups. In intervention group reflexology was performed for 20 minutes (10 minutes per leg) during the active phase of labor and uterine contractions. In control group the same was done, except that a point other than the uterine point was given a massage. Pain intensity during the active phase of labor (3-4, 5-7 and 8-10 cm dilatation) and duration of active phase of labor were measured and compared in two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014043017503N1**
Registration date: **2014-07-08, 1393/04/17**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-07-08, 1393/04/17

Registrant information

Name

Azita Kamjoo

Name of organization / entity

Hrmozgan

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Hormozgan University Of Medical Science"

Expected recruitment start date

2012-05-30, 1391/03/10

Expected recruitment end date

2013-12-31, 1392/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of reflexology on pain intensity and duration of labor in primipar women.

Public title

The effect of reflexology on pain intensity and duration of labor in primipar women.

Purpose

Other

Inclusion/Exclusion criteria

Iranian primipara women with singleton gestations, age

group of 18-35 years, with gestational age of 37-42 weeks, cephalic presentation fetus, no infertility background and caesarian indications, intended pregnancy, no medical or delivery problem attested by gynecologists, lack of applying analgesia and anesthesia during labor, a dilatation of 3-4 cm.

Age

From **18 years** old to **34 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **240**

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

"Hormozgan university of medical sciences"

Street address

bandarabbas-chamran street

City

Bandarabbas

Postal code

Approval date

2012-05-22, 1391/03/02

Ethics committee reference number

HEC-93-1-24-5

Health conditions studied

1

Description of health condition studied

Spontaneous vertex delivery

ICD-10 code

O80.0

ICD-10 code description

single spontaneous delivery

Primary outcomes

1

Description

intensity and duration of labour

Timepoint

20 minitspost intervention

Method of measurement

Visual analuge scale

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group, once the 4 centimeter dilatation was began, a mild massage was done on the whole surface of the foot. It was followed by a massage of the reflexive spot for pain reduction which is a curving area between the ankle and the heel. It is called the uterine area. It received a 10-min massage in each foot (20 mins all together). Once contractions began, the massage would also begin and once the contractions were over, the message was over too. The frequency of massages depended on the frequency of contractions during that 20 minuts.

Category

Other

2

Description

In the control group, a similar process was followed; however, a spot other than the uterine spot was massaged. It received a 10-min massage in each foot (20 mins all together). Once contractions began, the massage would also begin and once the contractions were over, the message was over too. The frequency of massages depended on the frequency of contractions during that 20 minuts.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Shariaty Hospital

Full name of responsible person

azita kamjoo

Street address

City

Bandarabbas

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

'Hormozgan Unversiy Of Medical Sciences

Full name of responsible person

Azita Kamjoo

Street address

Chamran Streets, Bandarabbas

City

Bandarabbas

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

Yes

Title of funding source

'Hormozgan Unversiy 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**Name of organization / entity**

Hormozgan Unhversity Of Medical Sciences

Full name of responsible person

Azita Kamjoo

Position

Master Of Mid wifery

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

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Position

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Bandarabbas- nursing and midwifery faculty

City

Bandarabbas

Postal code**Phone**

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Fax**Email****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