Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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

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Azita Kamjoo
Name of organization / entity
Hrmozgan
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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 Universiy 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 Universiy 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
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Person responsible for updating data

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Other areas of specialty/work
Street address
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City
Bandarabbas
Postal code
Phone
00
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