

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of eight weeks of regular walking on pregnancy outcomes in Nulliparous women

Protocol summary

Summary

The goal of this study to determine the effect of an eight week program of regular walking on pregnancy outcomes in a group of nulliparous women. 80 healthy, non-athlete, nulliparous housewife (20-35 years of age) with a single cephalic presentation in a clinical trial study on their 28th week of gestation. They were randomly allocated into two equal (experiment and control) groups. Participants were excluded at anytime during the study by personal request or by physician order. Exercise protocol consisted of 3-5 minutes of warm up, then the training for 30 min then 3-5 min cool down, three times a week for 8 weeks at a self-selected walking speed. Outcome study: length, head circumference, weight first and five minutes APGAR, meconium passage, spo2 maternal outcomes: gestational age, type of delivery, Mother overweight, phase birth mother to a hospital admission, the duration of the active phase, duration of the pregnancy termination length of stay in hospital until discharge, FBS, HB, HCT. Keyword: pregnancy outcome, maternal outcome, Neonatal outcome, nulliparous

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2014100119351N1**

Registration date: **2014-11-20, 1393/08/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-11-20, 1393/08/29

Registrant information

Name

Tayebe Zarezade

Name of organization / entity

Azad university of Damghan

Country

Iran (Islamic Republic of)

Phone

+98 23 2523 1711

Email address

tayebezarezade@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad University of Damghan

Expected recruitment start date

2014-03-06, 1392/12/15

Expected recruitment end date

2014-07-06, 1393/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of eight weeks of regular walking on pregnancy outcomes in Nulliparous women

Public title

The impact of walking in pregnancy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Single pregnancy: Healthy : Non-athletes : Is a housewife: Is a resident of Damghan: Plans to deliver labor in Velayat hospital of Damghan: Have between 20 and 35 years of age: Position as head of the fetus in the womb. : Prenatal care under obstetricians do: In the intervention group practice physicians licensed to perform the protocol: You are now ready for childbirth

classes. Exclusion: Mother to keep the plan to withdraw for any reason! Practice expectant mother's physician orders cut to give any reason! Researcher due to lack of regular exercise to eliminate maternal samples. :

Age

From **20 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

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

Islamic Azad University of Damghan

Street address

cheshmeh ali street, Islamic Azad University of Damghan

City

Damghan

Postal code

3671637881

Approval date

2014-03-01, 1392/12/10

Ethics committee reference number

21049

2

Ethics committee

Name of ethics committee

Velayat Hospital Health Network of Damghan

Street address

Saadi Square, cheshmeh ali street .Velayat Hospital

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Damghan

Postal code

3671637881

Approval date

2014-03-01, 1392/12/10

Ethics committee reference number

92/21/1785/9

Health conditions studied

1

Description of health condition studied

Exercise in pregnancy

ICD-10 code

z34.8

ICD-10 code description

supervision of other normal pregnancy

Primary outcomes

1

Description

Hct

Timepoint

After& befor the intervention.

Method of measurement

cell cunter

2

Description

FBS

Timepoint

After& befor the intervention.

Method of measurement

outoanalyzer

3

Description

Getational age

Timepoint

After intervation

Method of measurement

Last menstrual period -mother rcord

4

Description

Duration of the pregnancy termination

Timepoint

After the intervention.

Method of measurement

Mother records

5

Description

Passage of meconium

Timepoint

After the intervention.

Method of measurement

Mother records

6

Description

Mother over weight

Timepoint

After & before the intervention.

Method of measurement

Adult Weighing Scales

7

Description

Neonatal Length

Timepoint

After intervention

Method of measurement

Height gauges baby

8

Description

Neonatal weight

Timepoint

after intervention

Method of measurement

Neonatal Weighing Scales

9

Description

First minute apgar

Timepoint

After intervention

Method of measurement

Measured by Apgar

10

Description

Five minutes apgar

Timepoint

After the intervention.

Method of measurement

Table Apgar assessment criteria

11

Description

Type of delivery

Timepoint

After the intervention.

Method of measurement

Mother records

12

Description

The duration of the active phase

Timepoint

After the intervention.

Method of measurement

partogram

13

Description

Phase birth mother to a hospital admission

Timepoint

After the intervention.

Method of measurement

Mother records

14

Description

Arterial oxygen saturation percentage

Timepoint

After the intervention.

Method of measurement

Pulse oxymeter

15

Description

Length of stay in hospital until discharge

Timepoint

After the intervention.

Method of measurement

Mother records

16

Description

HB

Timepoint

After & before the intervention.

Method of measurement

cell counter

17

Description

Added at 2015-02-27: body mass index

Timepoint

Added at 2015-02-27: Pre - pregnancy and term pregnancy

Method of measurement

Added at 2015-02-27: adult pregnant nomogram (BMI) for pregnancy

Secondary outcomes

empty

Intervention groups

1

Description

Intervention in intervention group Exercise protocol consisted of three of five minute of warmup 30 minute of training followed Based on the principle of overload. first week walking 10 min second week 20 min Third Week 30 min then three to five minutes of cool down repeated 3 days a week for 8 consecutive week at a self-selected walking speed. intensity so that they can

easily walk and talk .

Category

Other

2

Description

Control Groups: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Velayat hospital of Damghan

Full name of responsible person

Tayebe Zarezade

Street address

No. 50, Ayatollah Ghaffari Street

City

Damghan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University of Damghan

Full name of responsible person

Dr Nematallah Nemati

Street address

Islamic Azad University of Damghan

City

Damghan

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Islamic Azad University of Damghan

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

Islamic Azad University of Damghan

Full name of responsible person

Tayebe Zarezade

Position

Bachelor of Midwifery-Graduate Student in Exercise Physiology

Other areas of specialty/work

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Full name of responsible person

Tayebe Zarezade

Position

Midwife expert&Graduate student in exercise physiology

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

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Position

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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