

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 2026

### Comparison the effect of aromatherapy with rose water and routine cares on pain and duration of the stages of labor in nulliparous women

#### Protocol summary

##### Summary

This clinical trial study will do to assess the effect of aromatherapy with rose water on pain and duration of the stages of labor in nulliparous women. Main inclusion criteria include normal range of estimated weight of neonate (2500-4000 gr) :cephalic presentation: gestational age of 37-40 weeks: single pregnancy: active phase of labor (dilation of 4 cm and uterine contraction for at least 30 seconds and 3 contractions in 10 minutes) and normal body mass index in the first trimester (19.8-26). Main exclusion criteria include receiving analgesic drugs during the 3 hours before the study and during the study: use of sedative and narcotic drugs and use of oxytocin for induction or augmentation of labor. In this study, 80 nulliparous women referred to Ahvaz Amir-al Moemenin hospital will select randomly based on table of random numbers and will divide to equal groups of intervention and control. In intervention group, aromatherapy with rose water will do during initiation of active phase of labor and initiation of second phase of labor. In control group, routine cares such as regular vaginal examination will do and women will sympathize. Pain severity will assess with visual analogue scale in 3 phases of dilatation: 4-6 cm, 6-8 cm and 8-10 cm in both groups. Also, duration of active phase of labor and second phase of labor will measure with chronometer in both groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014102919744N1**  
Registration date: **2015-10-31, 1394/08/09**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-10-31, 1394/08/09

##### Registrant information

###### Name

Shima Vahaby

###### Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 61 3373 8331

###### Email address

s.vahaby@ajums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice chancellor for research, Ahvaz Judishapur University of Medical Sciences

##### Expected recruitment start date

2015-01-05, 1393/10/15

##### Expected recruitment end date

2015-04-04, 1394/01/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison the effect of aromatherapy with rose water and routine cares on pain and duration of the stages of labor in nulliparous women

##### Public title

The effect of aromatherapy with rose water on pain and duration of the stages of labor in nulliparous women

##### Purpose

Supportive

## Inclusion/Exclusion criteria

Inclusion criteria: Primiparous pregnancy: normal range of estimated weight of neonate (2500-4000 gr) :age of 18-35 years old: cephalic presentation: gestational age of 37-40 weeks: single pregnancy: active phase of labor (dilation of 4 cm and uterine contraction for at least 30 seconds and 3 contractions in 10 minutes): low risk pregnancy: normal body mass index in the first trimester (19.8-26) :having at least read and write literacy.  
Exclusion criteria: Being an athlete: having drug addiction: receiving analgesic drugs during the 3 hours before the study and during the study: use of sedative and narcotic drugs: history of infertility: history of eczema and allergies to plants: use of oxytocin for induction or augmentation of labor: narrow pelvis

## Age

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

## Gender

Female

## Phase

2

## Groups that have been masked

*No information*

## Sample size

Target sample size: **80**

## 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

Ethics Committee Of Ahwaz Jundishapur University of Medical Sciences

##### Street address

Ahwaz Jundishapur University of Medical Sciences,  
Ahvaz, Khozestan

##### City

Ahvaz

##### Postal code

#### Approval date

2015-02-22, 1393/12/03

#### Ethics committee reference number

1393.325

## Health conditions studied

### 1

#### Description of health condition studied

Pain and duration of labour

#### ICD-10 code

O60.2

#### ICD-10 code description

Preterm spontaneous labour with term delivery

## Primary outcomes

### 1

#### Description

Pain severity

#### Timepoint

Arrival time of cervical dilation to 6-4 cm, 8-6 cm and 10-8 cm during labor

#### Method of measurement

Visual analogue scale

### 2

#### Description

Duration of labour

#### Timepoint

Every one to two hours

#### Method of measurement

Examination and recording in the examination form

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

In intervention group, aromatherapy with rose water will do during initiation of active phase of labor and initiation of second phase of labor

#### Category

Treatment - Other

### 2

#### Description

In control group, routine cares such as regular vaginal examination will do and women will sympathize.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Amir-al Moemenin hospital

**Full name of responsible person**

Shima Vahaby

**Street address**

Shahid Rajae area, Sepidar, Ahvaz, Khuzestan

**City**

Ahvaz

shvahaby@yahoo.com

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Dr Parvin Abedi

**Position**

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

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Parvinabedi@ymail.com

**Web page address****Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice chancellor for research, Ahvaz Judishapur

University of Medical Sciences

**Full name of responsible person**

Dr. Ahmad Hosseini

**Street address**

Ahvaz Jundishapur University of Medical Sciences,

Golestan road, Ahvaz, Khozestan.

**City**

Ahvaz

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

Yes

**Title of funding source**

Vice chancellor for research, Ahvaz Judishapur University 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**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Shima Vahaby

**Position**

Student

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**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*