

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

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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

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Shahid Rajae area, Sepidar, Ahvaz, Khuzestan

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

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Full name of responsible person

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

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University of Medical Sciences

Full name of responsible person

Dr. Ahmad Hosseini

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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**

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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