

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Comparing effects of Spontaneous pushing versus Valsalva pushing technique in Birth on outcome of delivery in primiparous in Iran hospital in 2009.

Protocol summary

Summary

ABSTRACT: Background and Aim: The Valsalva pushing technique is used routinely in the second stage of labor in many countries, and it is accepted as standard obstetric management in Iran. The purpose of this study was to determine the effects of Spontaneous pushing versus Valsalva pushing technique in Birth on outcome of delivery in primiparous in Iran hospital in 2009. Methods: A randomized controlled trial was conducted on One hundred low-risk primiparas between 38 and 42 weeks' gestation, who expected a spontaneous vaginal delivery, were randomized to either a spontaneous pushing group or a Valsalva-type pushing group. Spontaneous pushing women were informed about spontaneous pushing technique (open glottis pushing while breathing out) and were supported in pushing spontaneously in the second stage of labor. Similarly, Valsalva pushing women were informed about the Valsalva pushing technique (closed glottis pushing while holding their breath) and were supported in using Valsalva pushing in the second stage of labor. Length of stages of delivery, perineal tears, postpartum hemorrhage, maternal fatigue and satisfaction were evaluated in mothers; and levels and Apgar scores at 1 and 5 minutes were evaluated in newborns in both groups. Data were collected by means of questionnaires. The data were analyzed using SPSS software and descriptive statistical and Mann- whitney, x2 and independent T.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138805252170N2**

Registration date: **2011-03-01, 1389/12/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-03-01, 1389/12/10

Registrant information

Name

Tahmineh Salehian

Name of organization / entity

Zahedan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Zahedan University of Medical Sciences

Expected recruitment start date

2009-05-22, 1388/03/01

Expected recruitment end date

2009-09-23, 1388/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing effects of Spontaneous pushing versus Valsalva pushing technique in Birth on outcome of delivery in primiparous in Iran hospital in 2009.

Public title

Comparing effects of Spontaneous pushing versus Valsalva pushing technique in Birth on outcome of delivery in primiparous in Iran hospital in 2009.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria;including Iranian women; primiparous; singleton; cephalic ; gestational age 42-38 weeks; dilatation 4 cm; having a normal delivery conditions
Exclusion criteria: having a chronic disease; PROM; painless childbirth; high risk pregnancy; fast delivery; each leading to emergency caesarean; arrest labor

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single 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, Zahedan University of Medical Sciences

Street address

Pardis society, Dr Hesabi square, University of Medical sciences, Zahedan

City

Iranshahr

Postal code

9914786138

Approval date

2009-05-16, 1388/02/26

Ethics committee reference number

1090

Health conditions studied

1

Description of health condition studied

effects of pushing technique in Birth on outcome of delivery

ICD-10 code

O63.1

ICD-10 code description

Prolonged second stage of labour

Primary outcomes

1

Description

postpartum hemorrhage

Timepoint

2 hourse postpartum

Method of measurement

pad Weight

Secondary outcomes

1

Description

maternal satisfaction

Timepoint

2 hour after delivery

Method of measurement

questionnaire

Intervention groups

1

Description

Spontaneous pushing women were informed about spontaneous pushing technique (open glottis pushing while breathing out) and were supported in pushing spontaneously in the second stage of labor.

Category

N/A

2

Description

Valsalva pushing women were informed about the Valsalva pushing technique (closed glottis pushing while holding their breath) and were supported in using Valsalva pushing in the second stage of labor.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran hospital in iranshahr

Full name of responsible person

Tahmineh Salehian
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Tahminehsalehian@yahoo.com
Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Zahedan university of
Medical sciences
Full name of responsible person
Dr.Hamidreza Mahmodzade Sagheb
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Pardis society, Dr Hesabi square, University of
Medical sciences, Zahedan
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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, Zahedan 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

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Person responsible for scientific inquiries

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Person responsible for updating data

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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