Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of watching nature, and nature with nature sounds on first stage of labar pain and anxiety in primiparous

Protocol summary

Summary

Present research is a randomize clinical trial study with control group, which was carried out to asses the effect of watching nature sights and nature sights with nature sounds on physiologic labour pain and anxiety at Taleghani Hospital in Tabriz. 90 healthy primiparous (30 in each group) being qualified to receive physiologic labour and delivery, will be divided randomly into three groups. All Participants after receiving information about aims and intervention will fill in and sign informed consent. First intervention group will watch the film of nature scenery by flat screen TV. The second group will watch the film of nature scenery with nature sounds. Control group will receive routine physiologic labour care. Interventions in both groups will be carried out during active phase (4-7 Cm dilatation) and will continue till 8 Cm. labour care and control will be done based on National protocol of preparation for labour and delivery. For controlling the effect of environmental intervention such as noise effect, the study will be done in physiologic labour and delivery room, and for having equal one to one care, one researcher will do all care for participants and interventions in group one and group two will be done by same researcher,and researcher assistant will be assess and check pain and anxiety. Pain will assess visual numerical analogue scale (0-10) every 30 minutes, and anxiety will asses by Spielberger summarized questioner, first upon arrival then every 45 minutes and between showing the film.

General information

Acronym

Doesn't have

IRCT registration information

IRCT registration number: **IRCT201405182172N15**
Registration date: **2014-06-16, 1393/03/26**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2014-06-16, 1393/03/26

Registrant information

Name

Simin Taavoni

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8820 8161

Email address

staavoni@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

1-Tehran University of Medical Sciences 2- Iran University of Medical Sciences

Expected recruitment start date

2014-05-18, 1393/02/28

Expected recruitment end date

2014-08-19, 1393/05/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of watching nature, and nature with nature sounds on first stage of labar pain and anxiety in primiparous

Public title

The effect of watching nature sights and sights with sounds on pain and anxiety in primiparous in labour

Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria: Healthy Primiparous ; being qualified to doing physiologic delivery; with no infertility history
Exclusion criteria: All mothers are out of natural course of labor due to maternal or fetal condition or mothers aren't qualified to receive physiologic delivery ; Lack of desire to continue participating in study; Mothers who are receive intervention less than 30 minutes
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: **90**
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
Iran University of Medical Sciences
Street address
Resaearch chancellor of Iran University of Medical Science, Close to Milad Tower, Hemat Highway
City
Tehran
Postal code
1996713883
Approval date
2014-05-18, 1393/02/28
Ethics committee reference number
105/813/93/د

2

Ethics committee
Name of ethics committee
Tehran University of Medical Scinces
Street address
School of Nursing and Midwifery , Tehran University of Medica Sciences, Close To Imam KHomeini Hospital, Tohid Square
City
Tehran
Postal code
1419733171
Approval date
2013-10-06, 1392/07/14
Ethics committee reference number
1452/130/92/د

Health conditions studied

1

Description of health condition studied
Pregnancy, childbirth and the puerperium
ICD-10 code
Z34.0
ICD-10 code description
Supervision of normal first pregnancy

Primary outcomes

1

Description
Pain
Timepoint
After intering to the study, every 30 minutes till 8 cm dilation
Method of measurement
Visual analogue scale of pain

2

Description
Anxiety
Timepoint
Every 50 minutes (45 minutes after intervention and 5 minutes interval till next intervention
Method of measurement
Short Version of Spielberg Anxiety Inventory

Secondary outcomes

empty

Intervention groups

1

Description
Watching of 45 minutesof nature scenery by flat screen TV.
Category
N/A

2

Description
Watching of 45 minutes of nature scenery along nature

sounds by flat screen TV.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Taleghani hospital,Tabriz University of Medical Siences

Full name of responsible person

Dr Behzad Sarvaran

Street address

Taleghani hospital, Rahahan Square, Tabriz

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences (Thesis)

Full name of responsible person

Dr Mohammad Ali Cheraghi

Street address

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences, Dr Mirkhany St. (N.East), Tohid Square

City

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Grant name

پایان نامه

Grant code / Reference number

23384

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

Yes

Title of funding source

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences (Thesis)

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Vice Chancellor for Research, Iran University of Medical Sciences

Full name of responsible person

Dr. Seied Ali Javad Mosavi

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Vice Chancellor for Research, Iran University of Medical Sciences, Close to Milad Tower, Hemat Park Way

City

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Grant name

طرح تحقیقاتی

Grant code / Reference number

23384

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

Yes

Title of funding source

Vice Chancellor for Research, Iran University of Medical Sciences

Proportion provided by this source

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

Nursing and Midwifery Faculty of Iran University of Medical Sciences

Full name of responsible person

Simin Taavoni

Position

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Other areas of specialty/work

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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