

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

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

Protocol summary

Summary

Present research is a randomized clinical trial study with control group, which was carried out to assess the effect of watching nature sights and nature sounds 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 assess 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 labor 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/

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/

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 Sciences

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

Tehran

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

Street address

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

City

Tehran

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

Senior Lecturer, Head of Midwifery Continuing Education Office M.Sc in Midwifery, M.Sc in Medical Edu

Other areas of specialty/work

Street address

Nursing and Midwifery Faculty of Iran University of Medical, In opposition of Khatamol Anbia Hospital, Rashid Yasami St., Valiaasr Ave.

City

Tehran

Postal code

1996713883

Phone

+98 21 8820 8161

Fax

+98 21 8820 1978

Email

staavoni14@yahoo.com staavoni@iums.ac.ir

Web page address

www.iums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Faculty of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person

Simin Taavoni

Position

B. Sc in Midwifery, M.Sc in Midwifery Education. M.Sc in Medical Education, PhD student in Medical E

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Phone

+98 21 8820 8161

Fax

-

Email

staavoni14@yahoo.com staavoni@iums.ac.ir

Web page address

www.iums.ac.ir

Person responsible for updating data**Contact****Name of organization / entity**

Faculty of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person

Simin Taavoni

Position

B. Sc in Midwifery, M.Sc in Midwifery Education. M.Sc in Medical Education, PhD student in Medical E

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+98 21 8820 8161

Fax

+98 21 8820 1978

Email

staavoni14@yahoo.com staavoni@iums.ac.ir

Web page address

www.iums.ac.ir

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