

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

The therapeutic effect of oral honey syrup and date syrup on severity of labor pain and duration of active phase in nulliparous

Protocol summary

2015-03-15, 1393/12/24

Summary

This research is a Randomize clinical trial, with the aim of determining the effect of honey syrup and date syrup on severity of physiologic labor pain and duration of active phase in nulliparous. In This study 120 healthy volunteered nulliparous women (40 in each group) with age 20-35 years, and with inclusion criteria, after reading and signing an informed consent will be participate, then will be randomly without replacement in one of three groups of honey syrup, date syrup and control. The honey syrup group will be given 2/5 dessertspoon of honey in 150 ml water and the date syrup group will be given mixture of 6 pieces of date in 150 ml water. The control group will receive only water as a routine. Interventions in both groups will be carried out during active phase (4-7 Cm dilatation) and will continue till 8 Cm Dilatation. 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, also for having same one to one care, all care and interventions will be done by same person and assistant will be assess pain. Pain will assess by visual numerical analogue scale (0-10) every 30 minutes.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT201405182172N16**
Registration date: **2015-03-15, 1393/12/24**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

Registrant information

Name

Simin Taavoni

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

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staavoni@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

1- Faculty of Nursing and Midwifery, Tehran University of Medical Sciences (Thesis) 2- Research Institute for Islamic and Complementary Medicine (RICM), Iran University of Medical Sciences (proposal)

Expected recruitment start date

2014-07-20, 1393/04/29

Expected recruitment end date

2014-12-20, 1393/09/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The therapeutic effect of oral honey syrup and date syrup on severity of labor pain and duration of active phase in nulliparous

Public title

Effect of oral Honey syrup and date syrup on labor pain and duration of active phase in nulliparous

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Age 20 - 35 years old, with physical and mental health, no history of infertility, without history of allergy to honey and date, with 38-42 weeks of gestational age, cephalic presentation, with physiological labor and delivery conditions, with 4-7 Cm cervical dilatation. Exclusion criteria: Unwillingness to continuing of cooperation in the study, due to maternal/placental or fetal factors entering to conditions of non physiological labor and delivery, more than six hours after membrane rupture.

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: **120**

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

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences

Street address

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

City

Tehran

Postal code

1419733171

Approval date

2014-12-07, 1393/09/16

Ethics committee reference number

9111373029-132686

Health conditions studied

1

Description of health condition studied

Labour pain management

ICD-10 code

XV Pregnan

ICD-10 code description

080-084 Delivery

Primary outcomes

1

Description

Pain

Timepoint

Every 30 minutes

Method of measurement

Visual analogue scale of pain

Secondary outcomes

empty

Intervention groups

1

Description

Honey syrup, 2/5 dessertspoon of honey in 150 ml water.

Category

Other

2

Description

Date syrup, mixture of 6 pieces of date in 150 ml water.

Category

Other

3

Description

Control, will receive only water

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Charity Hospital of Asali, Lorestan University of Medical Sciences

Full name of responsible person

Dr Norollah Moridi

Street address

Ghazi Abad St, Khoram Abad

City

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**Grant code / Reference number****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

Research Institute for Islamic and Complementary Medicine (RICM), Iran University of Medical Science

Full name of responsible person

Dr Seid Ashraf Aldin Gooshe gir

Street address

No9, Pirnia 1 Alley, North lalezar St, Jomhoori Islamic St, Tehran

City

Tehran

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

Yes

Title of funding source

Research Institute for Islamic and Complementary Medicine (RICM), Iran University of Medical Science

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

Faculty of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person

Simin Taavoni

Position

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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