Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of slow stroke back massage on Level anxiety and vital signs of mothers on the first post-partum day

Protocol summary

Summary

The purpose of this study is to evaluate the effect of slow stroke back massages on anxiety and vital signs first day of the postpartum mothers in the Sabzevar Shahidan Mobini hospital is 94 years. This is a double-blind randomized clinical trial. In this study, 100 primiparus mothers with healthy and alive infant between 4 to 18 hours after childbirth randomly placed in two groups of 50-man intervention and control. After the transfer of the mother to the quiet room with soft light and temperatures of 27 ° and full deployment of the mother on the bed, demographic questionnaire and the Spielberger questionnaire completed by the mother and mother's vital signs, including blood pressure, pulse, temperature, respiration, 5 minutes before the intervention measures by the researcher. In intervention group of slow stroke back massage for 20 minutes in a sitting position with Vaseline oil no smell are given by the researcher, and in the control group, the researcher placed for 20 minutes on the mother's side, immediately after the intervention by researcher assistant measured vital signs and the Spielberger questionnaire completed by the mother, and the morning after the intervention the Spielberger questionnaire completed by the mother again.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201506042248N15**
Registration date: **2015-08-09, 1394/05/18**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-08-09, 1394/05/18

Registrant information

Name
Fereshteh Jahdi
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Tehran University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2015-05-31, 1394/03/10

Expected recruitment end date

2015-11-01, 1394/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of slow stroke back massage on Level anxiety and vital signs of mothers on the first post-partum day

Public title

Effect of slow stroke back massages on anxiety and maternal vital signs

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age between 18 to 45 years; primiparus mothers; of literacy; normal vaginal delivery without the use of tools; Healthy singleton infant; not smoking and drug abuse; no history of chronic and acute

systemic disease; no history of mental health problems or hospitalization due to mental health problems; not using drugs and epidural anesthesia during labor and after childbirth; the absence of ulceration, infection or any other injury that prevents back massage; delivery 4 hours ago; before 18 hours after birth; willing women to participate in research; breastfeeding; no accidents in the last 3 months for the individual and first degree relatives; no history of infertility; a normal process in the delivery; Exclusion criteria: the occurrence of any adverse events during the intervention of the desired sensitivity to oil; Mother's unwillingness to cooperate; allodynia

Age
From **18 years** old to **45 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
School of Nursing and Midwifery, Iran University of Medical Sciences

Street address
Rashid Yasmi street , Above the Mirdamad, Valiasr avenue

City
Tehran

Postal code

Approval date
2015-05-24, 1394/03/03

Ethics committee reference number
IR.IUMS.REC.1394.26109

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F41.1

ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Blood pressure

Timepoint
Before the intervention; immediately after the intervention.

Method of measurement
mercury sphygmomanometer; mmHg

2

Description
Heart rate

Timepoint
Before the intervention; immediately after the intervention.

Method of measurement
Stethoscope; beats per minute

3

Description
Anxiety

Timepoint
Before the intervention; after the intervention.

Method of measurement
The Spielberger State-Trait Anxiety Inventory (STAI)

4

Description
respiration

Timepoint
Before the intervention; immediately after the intervention.

Method of measurement
Observed movements of the chest; the number per minute

5

Description
Temperature

Timepoint
Before the intervention; immediately after the intervention.

Method of measurement
Oral thermometer; ° C

Secondary outcomes

1

Description
Anxiety
Timepoint
The morning after the intervention
Method of measurement
The Spielberger State-Trait Anxiety Inventory (STAI)

Intervention groups

1

Description
Intervention group: The interventions including slow stroke massage on the back, which is done by the researcher (After training And obtain the required certificate to do it). The intervention is be done with Vaseline oil. The intervention of a session between 4 to 18 hours after childbirth will be done for 20 minutes.
Category
Prevention

2

Description
The researcher placed for 20 minutes on the mother's side
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahidan Mobini hospital
Full name of responsible person
Mehrabadi Maryam
Street address
North Kashfi street, Dadgstry crossroad, Sabzevar
City
Sabzevar

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences, vice chancellor for research
Full name of responsible person
Dr.Seyed Ali Javad Moosavi
Street address
5th floor, Central Stad, University of Medical Sciences, between Chamran and the Sheikh Fazlullah, Hemmat highway
City
Tehran
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Iran University of Medical Sciences, vice chancellor for research
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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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