

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 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

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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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

School of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person

Mehrabadi Maryam

Position

Master in Midwifery

Other areas of specialty/work

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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