Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of acupressure on cervical ripening, initiation and outcome of labor in postdate women

Protocol summary

Summary

This study is designed to determine the effect of acupressure on cervical ripening, initiation and outcome of labor in postdate women. This study population comprised 150 pregnant women with referring to Shahid Akbar Abadi hospital in Tehran were included to 3 group acupressure, sham acupressure and control group. Inclusion criteria: gestational age of 39-41 weeks ؛ nulliparous women؛ bishop score< 4. Exclusion criteria: discontinuing of the study by mother request؛ taking chemical or herbal drugs. Acupressure was performed at the 3 acupoints, 6 spleen, 32 and 60 bladder for 30 minutes twice a day by the mother and the researcher. In the sham acupressure group, pressure was applied in ineffective point for 30 minutes 2 times a day. In this study, primary outcome variables are cervical ripening and initiation of labor.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015042321904N1**
Registration date: **2015-12-19, 1394/09/28**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-12-19, 1394/09/28

Registrant information

Name
Fatemeh Mahmoudi Kohani
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 913 854 3127
Email address
f.mahmodi@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2015-04-06, 1394/01/17

Expected recruitment end date

2015-11-21, 1394/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of acupressure on cervical ripening, initiation and outcome of labor in postdate women

Public title

Effect of acupressure on initiation of labor

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age of 18-35 years old؛ gestational age of 39-41 weeks based on LMP or ultrasound in first trimester؛ nulliparous women؛ single fetus with cephalic presentation؛ intact membrane؛ bishop score< 4؛ body mass index between 19/8 to 30؛ estimated fetal weight between (4000-2500 gr)؛ low risk pregnancy؛ not having sexual intercourse 24 hours before and up to end of the study؛ not use of any kind of chemical drug or herb to start labor for 36 hours before study Exclusion criteria: discontinuing of the study by mother request؛ taking chemical or herbal drugs.

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahid Beheshti University of Medical Science

Street address

Next to Taleghani hospital, Evin, Shahid Chamran Highway,Tehran.

City

Tehran

Postal code

Approval date

2015-07-29, 1394/05/07

Ethics committee reference number

SBMU2.REC.1394.48

Health conditions studied

1

Description of health condition studied

Cervical ripening and initiation of labor

ICD-10 code

O80.0

ICD-10 code description

Spontaneous vertex delivery

Primary outcomes

1

Description

Cervical ripening

Timepoint

Before intervention,48 and 96 hours after intervation and at the time of hospitalization

Method of measurement

Examination

2

Description

Initiation of labor

Timepoint

Before intervention,48 and 96 hours after intervation and at the time of hospitalization

Method of measurement

Examination

Secondary outcomes

1

Description

During of second stage of labor

Timepoint

At last of study

Method of measurement

Questionnaire

2

Description

During of first stage of labor

Timepoint

At last of study

Method of measurement

Questionnaire

3

Description

Neonatal Apgar

Timepoint

At last of study

Method of measurement

Questionnaire

4

Description

Use of oxytocin

Timepoint

At last of study

Method of measurement

Questionnaire

5

Description

Type of delivery

Timepoint

At last of study

Method of measurement

Questionnaire

Intervention groups

1

Description
The intervention group: acupressure applied in acupressure points BL32, BL60 and SP6 2 times daily for 30 minutes.
Category
Prevention

2

Description
The sham acupressure group: pressure was applied in ineffective point for 30 minutes 2 times a day.
Category
Prevention

3

Description
Control group: routine care
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Akbar Abaadi Hospital
Full name of responsible person
Nadia Hobi
Street address
Ferdose garden station, Molavi street, Tehran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research, Shahid Beheshti University of Medical Sciences
Full name of responsible person
Dr. Mahrokh Dolatian
Street address
School of Nursing and Midwifery, Niayesh Cross Road, Vali Asr Ave, Tehran
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research, Shahid Beheshti University of Medical Sciences
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
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Fatemeh Mahmoudi Kohani
Position
MS Stedent Midwifery
Other areas of specialty/work
Street address
Shahid Beheshti University of Medical Sciences, Velenjak St, Shahid Chamran Highway, Tehran.
City
Tehran
Postal code
1985717443
Phone
+98 21 2243 9888
Fax
+98 21 2243 9889
Email
mahmodi2020@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Nursing and Midwifery Shahid Beheshti University
Full name of responsible person
Shahnaz Tork Zahrani
Position
Academic Faculty Member
Other areas of specialty/work
Street address
School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Valiasr Ave, Tehran.
City
Tehran
Postal code
1985717443
Phone
+98 21 8820 2517
Fax
Email
zahranishahnaz@yahoo.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Fatemeh Mahmoudi Kohani

Position
MS Student Of Midwifery

Other areas of specialty/work

Street address
Shahid Beheshti University of Medical Sciences, Velenjak St, Shahid Chamran Highway, Tehran.

City
Tehran

Postal code

Phone
+98 913 854 3127

Fax

Email
mahmodi2020@yahoo.com; mahmodi2020@gmail.com

Web page address

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