

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

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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 intervention and
at the time of hospitalization

Method of measurement

Examination

2

Description

Initiation of labor

Timepoint

Before intervention, 48 and 96 hours after intervention 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

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Academic Faculty Member

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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