

# 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

+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 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

##### 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

zahrani.shahnaz@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*