

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of acupressure on childbirth satisfaction in postdate women: a randomized controlled trial

Protocol summary

Summary

This study was designed to determine the effect of acupressure on childbirth satisfaction in postdate women. In this single blind clinical trial, 120 pregnant women referred to Shahid Akbar Abadi hospital are enrolled randomly into three groups, acupressure, sham acupressure and control. The present study is performing in Shahid Akbar Abadi hospital in Tehran at the Iran University of Medical Science, from March 2015. Inclusion criteria: gestational age of 39-40 weeks; nulliparous women; bishop score < 4. Exclusion criteria: taking chemical or herbal drugs; discontinuing of the study by mother request. Acupressure is 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 is applied in ineffective points for 30 minutes in 2 times a day. In this study, primary outcome variable is childbirth satisfaction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016030821904N2**
Registration date: **2016-05-13, 1395/02/24**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-05-13, 1395/02/24

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

2016-03-09, 1394/12/19

Expected recruitment end date

2016-05-21, 1395/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on childbirth satisfaction in postdate women: a randomized controlled trial

Public title

Acupressure on childbirth satisfaction

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age of 18-35 years old; gestational age of 39-40 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; non history of infertility. Exclusion criteria: discontinuing of the study by mother request; taking chemical or herbal drugs.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single 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**

2016-03-07, 1394/12/17

Ethics committee reference number

IR.SBMU.RAM.REC.1394.635

Health conditions studied**1****Description of health condition studied**

Childbirth satisfaction

ICD-10 code

O94

ICD-10 code description

Sequelae of complication of pregnancy, childbirth and
the puerperium

Primary outcomes**1****Description**

Childbirth satisfaction

Timepoint

24 hours after delivery

Method of measurement

Mackey Childbirth Satisfaction Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

The sham acupuncture group: pressure is applied in
ineffective point for 30 minutes in 2 times a day.

Category

Treatment - Other

2**Description**

The intervention group: acupuncture is applied in
acupuncture points 6 spleen, 32 and 60 bladder in 2
times daily for 30 minutes.

Category

Treatment - Other

3**Description**

Control group: routine care

Category

Treatment - Other

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 of Shahid Beheshti
University of Medical Sciences

Full name of responsible person

Dr. Mostafa Rezaei Tavirani

Street address

Shahid Beheshti University of Medical Sciences,
Velenjak St, Shahid Chamran Highway, 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 of 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 Student 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 8820 2517

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 of
Medical Sciences

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

mahmodi2020@gmail.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 21 8820 2517

Fax

Email

mahmodi2020@yahoo.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