Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of the effect of, acupressure and ice massage in Hoku area on the severity of labor pain, Anxiety Status and time of labor in primiparous Women Referred to labor Room of Shoshtary Hospital, Shiraz, 1389.

Protocol summary

Summary

In this quasi-experimental study of 165 nulliparous women were randomly assigned to three groups. First group: Acupressure, Group II: ice massage and group III: control. Each group included 55 women from the first and had a singleton.Elective cesarean section did not turn on and display the fetus was vertex. Other methods of analgesia and anesthesia during labor were not used.When entering the study and 37 weeks of pregnancy and dilation 4-3 cm or more had had.Oxytocin was not used for all units of study.If there is one - bleeding 2 - fetal distress 3 - the patient's unwillingness to cooperate were excluded from the intervention.Intervention at 4-3 cm dilatation and at the point LI-4 was applied. Intervention period was 30 minutes.A group of acupressure and massage in the group of ice were used.Labor pain, length of labor and anxiety levels in the three groups represented by the graph of pain (VAS) and the Spielberger Inventory position in two stages (before and after intervention) were evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201102222515N2**
Registration date: **2012-07-25, 1391/05/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-07-25, 1391/05/04

Registrant information

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Maasumeh Kaviani
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Shiraz University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2011-05-05, 1390/02/15

Expected recruitment end date

2011-09-16, 1390/06/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of, acupressure and ice massage in Hoku area on the severity of labor pain, Anxiety Status and time of labor in primiparous Women Referred to labor Room of Shoshtary Hospital, Shiraz, 1389.

Public title

Effect acupressure and ice massage on pain intensity

Purpose

Treatment

Inclusion/Exclusion criteria
Inclusion criterion: physically healthy singleton nulliparous women who had no limit to the intervention (Preeclampsia, premature rupture of membranes and seizures, and ....); not planed for elective caesarean section and display the Vertex fetus; no use of other methods of analgesia and anesthesia during labor; when entering the study had Dilation 4-3 cm and 37 weeks of pregnancy or more and Oxytocin was not used. Exclusion criteria: bleeding; fetal distress and the patient's unwillingness to intervene

Age
From **18 years** old to **31 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **165**

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
Shiraz University of Medical Sciences Ethics Committee

Street address
Zand st.

City
Shiraz

Postal code

Approval date
2010-08-20, 1389/05/29

Ethics committee reference number
CT-89-5191

Health conditions studied

1

Description of health condition studied
no disease

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Severity of labour pain

Timepoint
Half an hour and during uterine contractions

Method of measurement
Visual Analoug Scale

2

Description
Anxiety status

Timepoint
While dilatation is 4-3 cm, one hour before and after intervention

Method of measurement
Spielberger state Questionnaire

Secondary outcomes

1

Description
Apgar score

Timepoint
After birth

Method of measurement
Apgar score table

Intervention groups

1

Description
Acupressure group at 4-3 cm cervical Tasyvn Dyla half an hour and start uterine contractions by the researcher on the right hand thumb, LI-4 on the left hand and left hand with thumb pressure by the researcher on the LI-4 The decrease was in the right hand.With 1277 MMHG (Kg3) was measured under the thumb of the left hand end of the uterine contractions push came to an end. In order to ensure there is no pressure difference between right and left by thumb pressure using the formula P = F / A (P pressure in millimeters of mercury, F and A-level finger forces in kilos per square meter) has been calculated.help the researcher. In the ice massage for half an hour during each contraction of the thumb and index finger point between the two meta-carpal area called Hugo (LI-4) decrease in right and left hands with a small bag of ice (frozen Ykhmkhay) about the massage and the end of each contraction was stopped. Ice bags were replaced every 10 minutes due to reduced effectiveness.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shiraz University of Medical Sciences

Full name of responsible person
Maasoumeh Kaviani

Street address
Shiraz, Namazi

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2

Recruitment center

Name of recruitment center
Shooshtari Hospital, Shiraz

Full name of responsible person
Asefi

Street address
Bascule Nader- Shiraz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Dr. Gholamreza Hatam

Street address
Shiraz - Zand Street - Next to the Red Crescent - Sakhtmtn Central University - Class 7 - Research

City
shiraz

Grant name

Grant code / Reference number
4712

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Shiraz 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

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
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Master of 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