# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

21 Nov 2026

## The effect of late pregnancy consumption of date fruit on onset of labor in nulliparous women

## Protocol summary

**Summary**

This study is a clinical trial to determine the The effect of late pregnancy consumption of date fruit on onset of labor in nulliparous women. The sample consisted of Iranian women 35-18 years of age with term pregnancy, without history of infertility, singleton pregnancy who have a BMI in the normal range, and without any chronic illnesses or antenatal complications (low-risk pregnancies) in the current pregnancy. The first group of women were given a supply of date fruit and instructed to take 70-75 gr per day until the onset of labour pains.The second group of women were not given date fruit and were asked to abstain from consuming date fruits for the period of the study, but were otherwise monitored and given the same care as the first group. If delivery to 40 weeks does not start, both groups will be asked for birth control and testing to assess fetal well being. If you do not start until 41 weeks birth, the mother is referred for termination of pregnancy to delivery. At the end of the study,onset of labor in the two groups are compared.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201304072956N4**
Registration date: **2013-06-28, 1392/04/07**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2013-06-28, 1392/04/07

**Registrant information**

**Name**

Masoumeh Kordi

**Name of organization / entity**

Nursing and Midwifery Schoo, Mashhad University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

+98 51 1859 1511

**Email address**

kordim@mums.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

Mashhad University of Medical Sciences

**Expected recruitment start date**

2013-04-09, 1392/01/20

**Expected recruitment end date**

2013-09-30, 1392/07/08

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of late pregnancy consumption of date fruit on onset of labor in nulliparous women

**Public title**

The effect of late pregnancy consumption of date fruit on onset of labor

**Purpose**

Other

**Inclusion/Exclusion criteria**

Inclusion criteria: Iranian women who is living in Mashhad city; nulliparus or primiparous women; age 18 to 35 years old; pregnant women between 37-38 weeks; singleton pregnancy; BMI in the normal range; low-risk pregnancies. Exclusion criteria: elective caesarean section; consumptin of dates cause acne or rashes or

allergic symptoms; use of traditional, herbal medicines or other methods to facilitate delivery; smoking, alcohol consumption and substance abuse and induction of labor before 41 weeks.

**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: **210**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**

**Blinding (investigator's opinion)**
Not blinded

**Blinding description**

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Mashhad Universityof Medical Sciences

**Street address**
Nersing and Midwifery School, Doktora crossroad

**City**
Mashhad

**Postal code**
9137913316

**Approval date**
2013-02-06, 1391/11/18

**Ethics committee reference number**
511/4303

## Health conditions studied

### 1

**Description of health condition studied**
Pregnancy

**ICD-10 code**
Z37.0

**ICD-10 code description**
Single live birth

## Primary outcomes

### 1

**Description**
Onset of labor

**Timepoint**
3- 4 weeks after intervention

**Method of measurement**
Questionnaire

## Secondary outcomes

### 1

**Description**
Side effects

**Timepoint**
3-4 weeks after intervention

**Method of measurement**
Questionnaire

## Intervention groups

### 1

**Description**
After explanation and enrolment in the study, women were asked to participate in one of two groups.The first group of women were given a supply of date fruit and instructed to take 70-75gr per day until the onset of labour pains, and to keep a note of their intake. Mothers monitor weekly. If labor does not start until 40 weeks, mothers are asked refer to hospital to do tests for assessment of fetal well being. If there is no problem mothers control up to 41 weeks. If no onset of labor until 41 weeks of pregnancy terminat. Finally, the onset of labor in the two groups are compared

**Category**
Other

### 2

**Description**
The second group of women were not given date fruit and were asked to abstain from consuming date fruits for the period of the study, but were otherwise monitored and given the same care as the first group.

**Category**
Treatment - Drugs

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**
Omolbanin hospital

**Full name of responsible person**

**Street address**

**City**

Mashhad

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Mashhad Universityof Medical Sciences
**Full name of responsible person**
Dr. Mohsen Tafaghodi
**Street address**
Mashhad, Vakil Abad Boulevard, University College, School of Pharmacy, Department of Pharmaceutics
**City**
Mashhad
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Mashhad Universityof 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**
Mashhad University of Medical Sciences
**Full name of responsible person**
Masoumeh Kordi
**Position**
Faculty member
**Other areas of specialty/work**
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**Web page address**

## Person responsible for scientific inquiries

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## Person responsible for updating data

**Contact**
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Fatemeh Aghaei Meybodi
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**Email**
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**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*