

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Sep 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 School, 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; nulliparous 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; consumption 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 University of 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

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of 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 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

Mashhad University of Medical Sciences

Full name of responsible person

Masoumeh Kordi

Position

Faculty member

Other areas of specialty/work
Street address
School of Nursing and Midwifery, Ibn Sina Street,
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City

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Postal code
Phone

+98 51 1859 1511

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kordim@mums.ac.ir; aghaeimf901@mums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity

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Full name of responsible person

Masoumeh Kordi

Position

Master of Midwifery

Other areas of specialty/work
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Web page address

Person responsible for updating data

Contact
Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Fatemeh Aghaei Meybodi

Position

Midwife

Other areas of specialty/work
Street address
School of Nursing and Midwifery, Ibn Sina Street,
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aghaeimf901@mums.ac.ir

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