

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

The effect of reflexology on pain intensity of labor

Protocol summary

Summary

Despite the availability of different kinds of analgesics, labor pain management still remains a challenge faced in most countries. Reflexology is an ancient, mild and non-invasive technique, used widely as one of the non-pharmacological methods for pain relief. The aim of this research was to determine the effect of reflexology on pain intensity as well as to determine the duration of labor on primiparas in Shahid Akbarabadi Hospital, Tehran, Iran. Methods: A randomized clinical trial study with three groups was conducted. A total of 120 parturient women with low risk pregnancy were randomly assigned to three groups. Each group received one of the following treatments: reflexology, support or routine care only. The first group received 40 minutes of reflexology at the beginning of active phase (4-5 cm cervical dilatation). Emotional support was offered for the second group in the same stage of pregnancy and with the same duration. The third group received only routine care during labor. In all groups pregnant women were asked to evaluate the severity of pain experienced before and after intervention; and also at cervical dilatations of 6-7 cm and 8-10 cm respectively.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138904183226N2**

Registration date: **2010-07-09, 1389/04/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-07-09, 1389/04/18

Registrant information

Name

Mahrokh Dolatian

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8820 2512

Email address

m_dolatian@sbm.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2009-03-21, 1388/01/01

Expected recruitment end date

2009-09-23, 1388/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of reflexology on pain intensity of labor

Public title

The effect of reflexology on pain intensity of labor

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: primiparous, Iranian, age between 18-35 years, gestational age 37-42 weeks, cephalic presentation, without any history of infertility and indication of c/s, wanted pregnancy, low risk pregnancy.
Exclusion criteria: emergency c/s.

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)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahid Beheshti University of Medical Sciences

Street address

City

Tehran

Postal code

Approval date

2010-02-24, 1388/12/05

Ethics committee reference number

87-01-86-6060

Health conditions studied

1

Description of health condition studied

labor pain

ICD-10 code

060-075

ICD-10 code description

Complications of labour and delivery

Primary outcomes

1

Description

intensity of labor pain

Timepoint

before and after intervention; and also at cervical dilatations of 6-7 cm and 8-10 cm

Method of measurement

visual numerical scale

Secondary outcomes

empty

Intervention groups

1

Description

First group (reflexology): 40 minutes of reflexology at the beginning of active phase (4-5 cm cervical dilatation).

Category

Treatment - Other

2

Description

Second group: emotional support in the same stage of pregnancy and with the same duration.

Category

Treatment - Other

3

Description

Third group: only routine care during labor.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Akbarabadi Hospital

Full name of responsible person

Mahrokh Dolatian

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of medical Sciences

Full name of responsible person

Dr.Farideh Yaghmaee

Street address

Adjacent to Mofid Pediatric Hospital, Shriati Street

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

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

MS in midwifery

Other areas of specialty/work**Street address**

Adjacent to Mofid Pedatric Hospital, Shriati Street

City

Tehran

Postal code**Phone**

+98 21 8888 3133

Fax**Email**

mhdolatian@yahoo.com

Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**

Faculty of Nursing and Midwifery, Shahid Beheshti
University of medical Sciences

Full name of responsible person

Mahrokh Dolatian

Position

MS in midwifery

Other areas of specialty/work**Street address**

Adjacent to Mofid Pedatric Hospital, Shriati Street

City

Tehran

Postal code**Phone**

+98 21 8888 3133

Fax**Email**

mhdolatian@yahoo.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity****Full name of responsible person**

Mahrokh Dolatian

Position**Other areas of specialty/work****Street address****City****Postal code****Phone****Fax****Email****Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Faculty of Nursing and Midwifery, Shahid Beheshti
University of medical Sciences

Full name of responsible person

Mahrokh Dolatian

Position**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