

# 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*

**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 scientific inquiries****Contact****Name of organization / entity**

Faculty of Nursing and Midwifery, Shahid Beheshti  
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**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****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*