

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of positive mental imagery training versus no training on labor pain tolerance in primiparous women: a randomized clinical trial

Protocol summary

Study aim

To assess the effect of positive mental imagery training versus no training on labor pain tolerance in primiparous women

Design

This is a randomized clinical trial, phase II, in which 80 primiparous women will be randomly assigned to the intervention and control groups

Settings and conduct

The eligible primiparous women who will refer to Fatemeh Hospital during the study period will be enrolled in the trial

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age of 18 to 35 years; Primiparous women; Gestation age between 32 and 41 weeks; Singleton pregnancy with the head view; The natural condition of the placenta and the fetus
Exclusion criteria: Using alcohol or cigarette; Thyroid disease; A history of depression

Intervention groups

Intervention group: Routine care and education plus positive mental imagery training one hour weekly for 6 weeks
Control group: Routine care and education

Main outcome variables

Primary outcome: Assessing the severity of labor pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120215009014N242**

Registration date: **2018-10-14, 1397/07/22**

Registration timing: **prospective**

Last update: **2018-10-14, 1397/07/22**

Update count: **0**

Registration date

2018-10-14, 1397/07/22

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-23, 1397/08/01

Expected recruitment end date

2019-03-16, 1397/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of positive mental imagery training versus no training on labor pain tolerance in primiparous women: a randomized clinical trial

Public title

Effect of positive mental imagery training versus no training on labor pain tolerance in primiparous women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Age of 18 to 35 years; Primiparous women; Gestation age between 32 and 41 weeks; Singleton pregnancy with head view; The natural condition of the placenta and the fetus

Exclusion criteria:
Using alcohol or cigarette; Thyroid disease; A history of depression

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: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment of the patients to the intervention and control groups through the drawing of lots

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

Ethics Committee of Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research and Technology,
Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

City

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Province

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Postal code

6517838695

Approval date

2018-09-01, 1397/06/10

Ethics committee reference number

IR.UMSHA.REC.1397.400

Health conditions studied

1

Description of health condition studied

Labor pain

ICD-10 code

R10.2

ICD-10 code description

Pelvic and perineal pain

Primary outcomes

1

Description

Assessing the severity of labor pain

Timepoint

One day after intervention

Method of measurement

Using visual analog scale (VAS)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Routine care and education plus positive mental imagery training one hour weekly for 6 weeks

Category

Prevention

2

Description

Control group: Routine care and education

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatemieh Hospital

Full name of responsible person

Karolin Yavari

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School of Nursing and Midwifery, Hamadan University of Medical Sciences, Shahid Fahmideh Ave.

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Dr Saeid Bashirian

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Hamedan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

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

Hamedan University of Medical Sciences

Full name of responsible person

Karolin Yavari

Position

Midwifery Student

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

Dr. Seyyedeh Zahra Masoomi

Position

Fertility Health Specialist

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Dr Jalal Poorolajal

Position

Professor of Epidemiology

Latest degree

Ph.D.

Other areas of specialty/work

Epidemiology

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Email

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to

make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available