

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Study of Effect of Acupressure in SP6 on Labor Pain and Labor Outcome in Women During Labor

Protocol summary

2012-05-13, 1391/02/24

Summary

This experimental study is a single-blind clinical trial with random allocation. The population under study consisted of 18-35 year-old women who had singleton pregnancy; parity of 1 or 2; 38-42 gestational age and cervical dilatation of 3-5cm. Exclusion criteria: lack of consent; oxytocin dose in excess of routine requirements and any sign of fetal distress such as a heart rate of over 160 or less than 110beats/min, late decelerations, thick meconium staining and prolonged or precipitate labor, newborn weighing less than 2500 or more than 4000 grams. Initially, 172 individuals were randomly selected and 21 people from the experimental group (pressure), 5 people from the first control group (touch), and 15 people from the second control group (conventional care) were excluded from the study. Ultimately, 131 individuals, consisting of 41 subjects in the pressure group, 41 in the touch control group and 49 in the conventional care group were studied. During 30 minutes intervention, the experimental group received pressure on SP6 and first control group received touch on SP6 with deep breathing and relaxation. The second control group (common care) was only encouraged to breathe deeply and stay relax. In this study, we evaluated the effect of this intervention on delivery duration, anxiety level in mother and using popular medicine in labor.

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Tarbiat Modares University.

Expected recruitment start date

2008-04-03, 1387/01/15

Expected recruitment end date

2008-11-21, 1387/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138812193527N1**

Registration date: **2012-05-13, 1391/02/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

Scientific title

The Study of Effect of Acupressure in SP6 on Labor Pain and Labor Outcome in Women During Labor

Public title

The Effect of Acupressure on Labor Pain and Labor Outcome

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 18 to 35 years-old pregnant women; 38-42 weeks gestational age; parity of 1 or 2; no use of

psycho-therapeutics nor labor induction medications prescribed by physician or midwife; no use of chemical or natural pain killers prior to the study; cervical dilatation of 3-5cm; BMI less than 29; devoid of any medical or obstetrical problems such as uterine myomas, pre-cancerous lesions, cephalopelvic disproportion, infertility or surgical operation on uterus or cervix, placenta previa, placental abruption, poly- or oligohydramnios, erythroblastosis fetalis, preeclampsia, gestational diabetes, decreased fetal movements; no use of tobacco (e.g., smoking, hubble bubble, drugs) or alcohol and no verbal, auditory, or mental problems. Exclusion criteria: lack of consent; oxytocin dose in excess of routine requirements and any sign of fetal distress such as a heart rate of over 160 or less than 110beats/min, late decelerations, thick meconium staining and prolonged or precipitate labor, newborn weighing less than 2500 or more than 4000 grams

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: **131**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tarbiat Modares University

Street address

Tarbiat Modares University, Jalal Ale Ahmad Highway, Tehran, Iran

City

Tehran

Postal code

P.O.Box: 14115-111

Approval date

2008-02-17, 1386/11/28

Ethics committee reference number

150/75148

Health conditions studied**1****Description of health condition studied**

Labor Pain and Delivery out come

ICD-10 code

O80-O84

ICD-10 code description

Delivery

Primary outcomes**1****Description**

Labor Pain intensity

Timepoint

Before intervention, immediately following 2 minutes' intervention, after 30 minutes' intervention and 30 minutes post-intervention

Method of measurement

Visual Analog Scale

2**Description**

Labor duration

Timepoint

Labor duration was documented in two time periods ,first time period, dilatation of 3cm to complete cervical dilatation; and second time period, from complete cervical dilatation to delivery time.

Method of measurement

Cervical dilatation by vaginal exam and at cm

Secondary outcomes**1****Description**

Anxiety

Timepoint

Before intervention , after 30 minutes' intervention and 30 minutes post-intervention

Method of measurement

FAS

2**Description**

Analgesic taking

Timepoint

Before and through intervention they did not take any analgesic

Method of measurement

Amount of analgesic taking

3**Description**

Delivery type

Timepoint

After labour

Method of measurement

Registration in questionnaire

Intervention groups**1****Description**

pressure at SP6:30-minute pressure as follows: At first, a 2-minute pressure was applied in a way that a pleasant feeling of pain would be experienced by the subject. Care was taken to keep the degree of paleness of the nail at a constant level and the subject pleased with the pressure. Subsequently, regardless of contractions, one minute of pressure followed by a minute's rest was applied intermittently until the pressure time equaled an overall 30 minutes. It took one hour to perform this technique every time.

Category

Treatment - Other

2**Description**

Touch at SP-6: in the same schedule touch at SP-6 was applied in the first control group

Category

Treatment - Devices

3**Description**

The second control group (common care) was only encouraged to breathe deeply and stay relax.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Maryam Taamin Ejtemai hospital

Full name of responsible person**Street address****City**

Tehran

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

Tarbiat Modares University

Full name of responsible person

Mansooreh Movahedin PhD

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City

tehran

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

Yes

Title of funding source

Tarbiat Modares University

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**

Tarbiat Modares University

Full name of responsible person

Minoor Lamyian

Position

Assistant professor

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Position

academic saff and MSc of midwifery

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Postal code**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