Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

The effect of date sap on the length of active phase of safe childbirth in primegravida women

Protocol summary

Study aim
The effect of date palms on the expressed pain of women during safe delivery

Design
The words of the intervention group and the control group were written in two separate sheets and placed in a black pack. We randomly took a sheet, the first sample was selected according to the title group written in the sheet (intervention group and control group). If the first random sample was selected, the next sample was in the control group (and vice versa), and so the other samples were selected.

Settings and conduct
At 22 Bahman hospital in Gonabad, samples were randomly assigned to either a test or control group. After obtaining conscientious consent at the beginning of the active phase of labor (dilatation 3-4 cm), the subjects were given a date immersion intervention group, giving the date sauce at intervals of one hour until the end of the active phase. In control group, instead of date satiety, mothers were given sugar solution.

Participants/Inclusion and exclusion criteria
Having low-risk pregnancies, Pregnant women eligible for safe delivery, maternal age between 18-35, single-pregnancy pregnancy with fetal cephalic presentation, term pregnancy (more than 37 weeks), pregnancy, having spontaneous uterine contractions and dilatation of 4-3 cm Cervical membrane at the onset of intervention, lack of underlying illness based on maternal case (diabetes, high blood pressure, preeclampsia, etc.), lack of history of infertility, absence of abortion history and absence of adverse events during pregnancy

Intervention groups
Providing date sap to the research units in the intervention group and giving the water and sugar solution to the research units in the control group

Main outcome variables
Delivery duration

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190123042469N1**
Registration date: **2019-02-09, 1397/11/20**
Registration timing: **prospective**

Last update: **2019-02-09, 1397/11/20**
Update count: **0**

Registration date
2019-02-09, 1397/11/20

Registrant information

Name
Sedighesadat Kazeminia

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 51 4467 1441

Email address
kazemigh60@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-02-20, 1397/12/01

Expected recruitment end date
2019-06-22, 1398/04/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effect of date sap on the length of active phase of safe childbirth in primegravida women

Public title
The effect of palm sap on the delivery time
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Pregnant women eligible for safe delivery maternal age between 18-35 Having low-risk pregnancies single-pregnancy pregnancy with fetal cephalic presentation term pregnancy (more than 37 weeks) wanted pregnancy having spontaneous uterine contractions and cervix dilatation of 4-3 cm at the onset of intervention lack of underlying illness based on maternal case (diabetes, high blood pressure, preeclampsia, etc.) lack of history of infertility absence of abortion history absence of adverse events during pregnancy
Exclusion criteria:
Prohibited for normal delivery
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: **64**
Randomization (investigator's opinion)
Randomized
Randomization description
The control and intervention word was written in two separate sheets and placed in a bag, then a randomly selected sheet of paper was taken from the inside of the bag to select the research units and, according to the title group written in the sheet (control or intervention), the first unit of research Selected. The first one who was randomly selected was in the intervention group so the next selected person was placed in the control group and so the other units were selected.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Gonabad University of Medical Sciences
Street address
Imam Street, Gonabad University of Medical Sciences
City
Gonabad
Province
Razavi Khorasan
Postal code
397
Approval date
2019-01-07, 1397/10/17
Ethics committee reference number
ir.gmu.rec.1397.105

Health conditions studied

1

Description of health condition studied
Delivery duration
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Delivery duration
Timepoint
From the onset of active phase of labor to full dilatation
Method of measurement
Partograph graph

Secondary outcomes

empty

Intervention groups

1

Description
At the beginning of the active phase of labor (dilatation 3-4 cm), the date group was given date sap(maximum 60 kcal / h, equivalent to 15 cc diluted date sap), giving the date sap at intervals of one hour until the end of the phase The activist continued, the reason for choosing an hour's interval was that mothers would be encouraged to consume solution (date sauce or sugar) every hour.
Category
Treatment - Other

2

Description
Control group: At the beginning of the active phase of labor (dilatation 3-4 cm), the control group received water and sugar solution (maximum 60 kcal / h, equivalent to 15 cc diluted date sap), giving water and sugar solution at each distance One hour until the end of

the active phase continued

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

22 Bahman Hospital, Gonabad Hospital

Full name of responsible person

Roghaee Rahmani

Street address

Imam Street, Gonabad University of Medical Sciences

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roghaiehrahmany@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Seyyed Ali Sajjadi

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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

Gonabad 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

Gonabad University of Medical Sciences

Full name of responsible person

Roghaee Rahmani Bildi

Position

Associate Professor of Gonabad University of Medical Sciences

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

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Name of organization / entity

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Full name of responsible person

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Position

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Person responsible for updating data

Contact

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Position
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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