

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jul 2026

### Effects of LI4 Acupressure on labor pain in the first stage of labor

#### Protocol summary

##### Summary

Many women would like to avoid pharmacological or invasive methods of pain management in labor. Because acupressure as one of the no pharmacologic methods of pain control is discussed, this study investigated the effects of LI4 acupressure on labor pain in the first stage of labor. In a single blind clinical trial, 100 pregnant women, who were at the beginning of active phase of labor (dilatation 5-3), were randomly in two intervention groups to receive acupressure, 20 minutes on the pressure point LI4 or 20 minute touching point LI4. Labor pain was assessed using a 10-point scale (Visual Analogue Scale) immediately after the intervention and 20 and 60 minutes and then every hour until the second stage of labor. Length of delivery time was calculated in two stages: from 3-5 cm cervical dilation to full cervical dilatation and full cervical dilatation to the delivery.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138904104281N1**

Registration date: **2010-08-26, 1389/06/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2010-08-26, 1389/06/04

##### Registrant information

##### Name

Azam Hamidzadeh

##### Name of organization / entity

Shahroud University of Medical Scince

##### Country

Iran (Islamic Republic of)

##### Phone

+98 23 3239 5054

##### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

Iran University of Medical Sciences and Health Services

##### Expected recruitment start date

2007-08-25, 1386/06/03

##### Expected recruitment end date

2007-12-22, 1386/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of LI4 Acupressure on labor pain in the first stage of labor

##### Public title

Effects of LI4 Acupressure on labor pain in the first stage of labor

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria included: first to third pregnancy, no drug addiction, gestational age more than 37 weeks, single fetus, cephalic presentation, age 40 to 20 years, no previous experience of using acupressure to each reason, absence of any wounds, bruising, irritation in sensitive estuary needle point LI4, no previous cesarean section. Exclusion criteria: receiving sedatives or anesthesia during the study, any other intervention such as injecting drug oxytocin

##### Age

From **20 years** old to **40 years** old

##### Gender

Female

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 100

## 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

Iran University of Medical Science and Health Services

##### Street address

Next to Milad Hospital, Hemmat Expway, Tehran

##### City

Tehran

##### Postal code

#### Approval date

2007-04-09, 1386/01/20

#### Ethics committee reference number

164ت-م

## Health conditions studied

### 1

#### Description of health condition studied

labor pain

#### ICD-10 code

O75.0

#### ICD-10 code description

Maternal distress during labour and delivery

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Before intervention, immediately after the intervention, 20, 60 minutes and every hour until onset of secondary stage of labor

#### Method of measurement

Visual Analog Scale

## Secondary outcomes

### 1

#### Description

neonatal Apgar score

#### Timepoint

at the 1st and 5th minute

#### Method of measurement

Examination & Observation

### 2

#### Description

duration of the first and second phases of labor

#### Timepoint

from 3-5 cm cervical dilation to full cervical dilatation and full cervical dilatation to the delivery time

#### Method of measurement

timer

### 3

#### Description

memory of labor pain

#### Timepoint

24 hours after delivery

#### Method of measurement

Visual Analog Scale

### 4

#### Description

satisfaction from delivery

#### Timepoint

immediately after delivery

#### Method of measurement

scale ruler 6 parts

### 5

#### Description

delivery type

#### Timepoint

after termination of pregnancy

#### Method of measurement

observation

## Intervention groups

### 1

#### Description

Experimental group received acupressure at LI4 points for 20 minute during contractions on two hands at the beginning of active phase of labor with dilatation 5-3 cm.

#### Category

Other

### 2

#### Description

Control group: the same intervention served at the

point LI4 but without pressure (just touching the point)  
**Category**  
Other

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Fatemieh Hospital, Shahrood University of Medical Sciences and Health Services

**Full name of responsible person**

Azam Hamidzadeh

**Street address**

Shahrood University of Medical Science, 7 Tir Square, Shahrood

**City**

Shahrood

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Iran University of Medical Science and Health Services

**Full name of responsible person**

Azam Hamidzadeh

**Street address**

Next to Milad Hospital, Hemmat Expway, Tehran

**City**

Tehran

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

Yes

**Title of funding source**

Iran University of Medical Science and Health Services

**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**

Shahrood University of Medical Science and Health Services

**Full name of responsible person**

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**Position**

Master

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## Person responsible for scientific inquiries

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Iran university of Medical science and Health Services

**Full name of responsible person**

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## Person responsible for updating data

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**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*