Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
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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
م-ت164

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, immedietly after the intervention, 20, 60 minutes and every hour until onset of secondry 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 & Ovservation

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
Exprimental 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 intervenetion 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

Shahroud University of Medical Sceince, 7 Tir Square, Shahroud

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sceince 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 Sceince 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

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Full name of responsible person

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Position

Master

Other areas of specialty/work

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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