

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 Science

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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

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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

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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

Azam Hamidzadeh

Position

Master

Other areas of specialty/work

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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