Clinical Trial Protocol
Iranian Registry of Clinical Trials

15 Jun 2026

Comparison of the effect of acupressure at SP6 and SP8 points on severity of labor pain and duration of first stage of labor

Protocol summary

Study aim

Determining the effect and comparison of acupressure in SP6 and SP8 points on the severity of pain and duration of the first stage of labor

Design

The study of a clinical trial with a control group, a blind side, is parallel. Randomization is done by the function of random numbers and using the rand function of Excel software.

Settings and conduct

This clinical trial is performed on pregnant clients at Akbar Abadi Hospital in Tehran. Acupressure is performed with the thumbs vertically at points SP8 and SP6 and the neutral point at the beginning of contraction for 20 minutes continuously in each dilatation 3-4 cm, 5-7 cm and 10-8 cm. In the meanwhile, the average severity of pain recorded before the intervention began was immediately compared (after the end of acupressure) and 30 and 60 minutes after the intervention in 3-4 cm, 7-5 cm and 10-8 cm dilatation in three groups.The length of the first stage of labor will be measured by the researcher in three groups using a timer. Examples show that one of the three points is pressed and may be part of the intervention or control group.

Participants/Inclusion and exclusion criteria

Entry requirements include pregnant women aged 18-35, with no previous high-risk disease, term embryos, cephalic, unicellular, with 4-3 dilatations when hospitalized. Samples are removed from the study if there is no urgency and emergency cesarean section.

Intervention groups

The first group applied acupressure at point SP6 and the second group at point SP8, and the third group applied acupressure at point zero, which is 2 cm lower and 1 cm behind point SP8. they will receive for 20 minutes continuously in each dilatation 3-4 cm and 5-7 cm and 10-8 cm.

Main outcome variables

The severity of the pain The length of the first stage of labor Type of treatment (acupressure) Oxytocin consumption Taking medicine to reduce pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200610047717N1**
Registration date: **2020-07-27, 1399/05/06**
Registration timing: **registered_while_recruiting**

Last update: **2020-07-27, 1399/05/06**
Update count: **0**

Registration date

2020-07-27, 1399/05/06

Registrant information

Name

Mona Jalilabadi Oshtarkan

Name of organization / entity

Country

Iran (Islamic Republic of)

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itsmonajalilabadi75@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-05-19, 1399/02/30

Expected recruitment end date

2020-12-20, 1399/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of acupressure at SP6 and SP8 points on severity of labor pain and duration of first stage of labor

Public title

effect of acupressure on severity of labor pain and duration of first stage of labor

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

age between 18-35 Have at least literacy Spontaneous onset of labor pains and a desire to have a normal delivery When hospitalized, dilate 3-4 cm. According to the mother, they should not be addicted to drugs and tobacco. ccording to the mother, they do not have family problems in the last 6 months and severe psychological crises such as the death of loved ones, migration, separation from their spouses, and so on. According to the mother, they do not have chronic diseases (heart disease, lung disease, high blood pressure, diabetes, etc.). Do not have high-risk pregnancies (gestational hypertension, gestational diabetes, placenta previa, decolman). Do not suffer from skin disorders such as eczema and superficial skin infections, which are some of the limitations of acupressure. The fetus should be single, alive, cephalic There are no high-risk fetal criteria (fetal heart failure, decreased fetal movement, intrauterine growth restriction, polyhydramnios, and oligohydramnios known by ultrasound and amniotic sac rupture for more than 12 hours).

Exclusion criteria:

People who do not want to continue studying. Examples that will require emergency cesarean section.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

Random number functions will be used to randomize and assign individuals to groups. This is done by Excel software and a random number table. In this way, first in a column, the groups are entered as A, B, C and below. Because the number of samples in each group is set to 50 (including sample shedding), 150 to A, B, and C must be entered in the following order. In the opposite column, random numbers are generated using the RAND command. In the next step, using the SORT command, random numbers generated from small to large or vice versa are arranged, which changes the order of the groups. Using the new order, people are assigned to different groups. People are unaware of which group they belong to.

Blinding (investigator's opinion)

Single blinded

Blinding description

The subjects will be explained that this is a study that will put pressure on one of the three points of interest. These points may or may not reduce the pain and length of the first stage of labor. People will be randomly placed in one of these three groups and pressure will be applied to the desired point. Patients understand acupressure but do not know the names of the points and which point is for intervention and which point is for control. They do not know the exact use of the points and only know that they belong to one of the three groups that receive acupressure at one of the three points and that the points can reduce labor pain and the length of labor or not.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee in Research, School of Pharmacy, Nursing and Midwifery, Shahid Beheshti University

Street address

Shahid Beheshti School of Nursing and Midwifery., Opposite Shahid Rajaei Heart Hospital, Niayesh Intersection, Valiasr St.

City

Tehran

Province

Tehran

Postal code

1985717443

Approval date

2020-02-03, 1398/11/14

Ethics committee reference number

IR.SBMU.PHARMACY.REC.1398.289

Health conditions studied

1

Description of health condition studied

Labor pain

ICD-10 code

ICD-10 code description

2

Description of health condition studied
The length of the first stage of labor
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Labor pain
Timepoint
before the intervention, Immediately, 15 minutes and 30 minutes after the intervention
Method of measurement
Numerical rating scale

2

Description
The length of the first stage of labor
Timepoint
From dilatation 3 cm to 10 cm
Method of measurement
Timer(Seiko watch)

Secondary outcomes

1

Description
intensity of labor pain
Timepoint
Intensity of labor pain is measured in dilatations of 3-4 cm, 5-7 cm, 10-8 cm. These measurements are taken immediately, 15 minutes and 30 minutes after acupressure.
Method of measurement
Pain measuring ruler (numerical rating scale)

2

Description
The length of the first stage of labor
Timepoint
The length of the first stage of labor is measured from dilatation 3-4 cm to 10 cm.
Method of measurement
The length of the first stage of labor is measured according to the official national clock of the Seiko model.

Intervention groups

1

Description
Intervention group: Compression at SP6 points. Perform acupressure with thumbs and vertically at SP6 points with the onset of contraction for 20 minutes continuously in each dilatation 3-4 cm and 5-7 cm and 10-8 cm
Category
Treatment - Other

2

Description
Intervention group: Compression medicine at SP8 points. Perform acupressure with thumbs and vertically at SP8 points with the onset of contraction for 20 minutes continuously in each dilatation 3-4 cm and 5-5 cm and 10-8 cm
Category
Treatment - Other

3

Description
Control group: Compression in control points. Perform acupressure with thumbs and vertically at the control points (2 cm lower and 1 cm back from the SP8 point) with the onset of contraction for 20 minutes continuously in each dilatation 3-4 cm and 7- 5 cm and 10-8 cm. It should be noted that according to the project's expert consultant, this point is neutral in terms of acupressure.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Akbarabadi Hospital in Tehran
Full name of responsible person
Mona Jalilabadi Oshtarkan
Street address
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Dr Afshin Zarghi
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Shahid Beheshti University of Medical Sciences., next

to Taleghani Hospital,. Shahid Abbas Arabi St., Yemen St., Shahid Chamran Highway.

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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
Shahid Beheshti 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
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Sedigheh Amir Ali Akbari

Position
Faculty instructor

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

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Person responsible for scientific inquiries

Contact

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Position
Faculty instructor

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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)
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