Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effectiveness of Emotional Freedom Technique on fear of childbirth in nulliparous women

Protocol summary

Study aim
Determining the effectiveness of Emotional Freedom Technique on fear of childbirth in nulliparous women

Design
Clinical trial with control and intervention group, one-way blind, randomized, on 116 nulliparous women, permutation blocks with block size 6 were used for randomization.

Settings and conduct
Clinical trial in Shahid Shafiei and Sadoughi health centers in Yasouj is in the form of two intervention and control groups. The order of the researcher and the participants will be unaware of who is in which group until the beginning of the study. Intervention in this study from the age of 28 to 30 weeks of pregnancy, beginning and end of postpartum intervention The questionnaire that is completed at the beginning of the study (fear of childbirth Vijma version A) to study will be a pre-test for both intervention and control groups, then the intervention group and the control group in the same way using points False for two sessions of face-to-face training and 10 weeks of face-to-face training and follow-up, the researcher learns the technique of mind liberation.

Participants/Inclusion and exclusion criteria
include: Gestational age 28 to 30 weeks; primiparous; scoring more than 37 in the Vijama questionnaire Exclusion : suffering from mental illness during the last year and taking psychotropic drugs

Intervention groups
Intervention group: tapping the parts of the face and body with the fingertips, which include: the beginning of the eyebrows, around the eyes, under the eyes, under the lips, chin, clavicle and armpits. Control group: They also hit in the same way by using false points, ie points other than the points of the introduced acupressure.

Main outcome variables
Fear of childbirth

General information

Reason for update
The age of the people included in the study is 18 years and above, and the age of 15 is considered a teenager and requires parental permission

Acronym

IRCT registration information
IRCT registration number: **IRCT20210622051671N1**
Registration date: **2021-07-31, 1400/05/09**
Registration timing: **registered_while_recruiting**

Last update: **2023-01-17, 1401/10/27**
Update count: **2**

Registration date
2021-07-31, 1400/05/09

Registrant information

Name
Fatemeh Emadi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 31 5351 5216

Email address
emadi.f@ajums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-07-24, 1400/05/02

Expected recruitment end date
2021-12-21, 1400/09/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
The effectiveness of Emotional Freedom Technique on fear of childbirth in nulliparous women

Public title
The effectiveness of Emotional Freedom Technique on fear of childbirth in nulliparous women
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Minimum primary education Gestational age 28 to 30 weeks Nulliparous Earn more than 37 points in the Vijama questionnaire
Exclusion criteria:
Chronic diseases such as heart disease, high blood pressure, diabetes History of abortion Placenta previa Suffering from mental illness during the last year and taking psychotropic drugs Drug and smoking addiction Pregnancy complications such as preeclampsia, bleeding, intrauterine death, preterm delivery
Age
From **18 years** old to **40 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **116**
Randomization (investigator's opinion)
Randomized
Randomization description
The method of assigning the intervention to individuals is random and in the method of random permutation blocks with block size 6 (using the table related to random permutations) and with a ratio of 1: 1. The randomization list is prepared by a statistician. The codes assigned to the eligible individuals will be placed in sealed envelopes by an out-of-study person who is unaware of the research objectives and will be provided to the secretary of the clinic. They will not know who is in which group.
Blinding (investigator's opinion)
Single blinded
Blinding description
The codes assigned to the eligible individuals will be placed in sealed envelopes by an out-of-study person who is unaware of the research objectives and will be provided to the secretary of the clinic. They will not know who is in which group.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Ahvaz University of Medical Sciences
Street address
Golestan St., Ahvaz Jundishapur University of Medical Sciences, Razi School of Nursing and Midwifery
City
Ahvaz
Province
Khouzestan
Postal code
61357-15794
Approval date
2021-06-15, 1400/03/25
Ethics committee reference number
IR.AJUMS.REC.1400.192

Health conditions studied

1

Description of health condition studied
Fear of childbirth
ICD-10 code
F40
ICD-10 code description
Phobic anxiety disorders

Primary outcomes

1

Description
Fear of childbirth score in Vijma childbirth fear questionnaire
Timepoint
At the beginning of the study (before the intervention) with Vijma Maternity Fear Questionnaire version A and at the end of the intervention (first postpartum visit) with Vijama Maternity Fear Questionnaire version B
Method of measurement
Vijma Childbirth Fear Questionnaire version A and B

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Tapping the parts of the face and

body with the fingertips, which include: the beginning of the eyebrows (above the nose), the sides of the eyes (on the outer bone of the eye), the under eyes (on the cheeks and 2-3 cm Meters below the eye socket), under the lips (in the short distance between the nose and the upper lip), chin (in the middle of the distance between the chin and the lower lip), clavicle (from the U-shaped bone below the throat 2-3 cm down and 2-3 cm Meters to the sides) and armpits (10 cm below the armpits).

Category

Other

2

Description

Control group: This group also strikes with their fingers using false points, ie points other than the points of acupressure introduced.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers 2 and 3 west of Ahvaz

Full name of responsible person

Khadijeh Hekmat

Street address

The end of Bani Hashem street, South Soroush street - the end of Kian, the first of Alavi alley, corner of Farahani

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Province

Khouzestan

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7591615786

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+98 61 3379 6534

Email

Hekmat1346@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Kourosh Zarea

Street address

Golestan Road, Shahr-e-Daneshgahi, Ahvaz School of Nursing and Midwifery, Vice Chancellor for Research, Second Floor

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+98 61 3373 8395

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zarea_k@ajums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Seyedeh Fatemeh Emadi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Golestan St., Razi School of Nursing and Midwifery

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Province

Khouzestan

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6135733337

Phone

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Email

s.fatemehemadi74@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Khadijeh Hekmat

Position

science Committee

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

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Position

Student

Latest degree

Bachelor

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

I do not have a plan at the moment

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available