

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Studying effects of the sysembrium seeds consumption on spontaneous labor in primigravid

Protocol summary

Summary

The goal of this article is the study of the effects of sysembrium seeds consumption on spontaneous beginning of parturition in the primigravida in Rafsanjan 20006. In this study 170 persons were selected randomly from the referrers to the health care centers of the city with inclusion criteria (the Iranian primigravida; hadn't used any scientific or herbal methods in order facilitating their parturition; candid for vaginal delivery and didn't have any recognized or predictable problems for cesarean as they entered to the study and 28 packets which contain 2mesghal (equal to about 9 gram) of sysembrium - seeds were given to the intervention group from 37th week, whereas the non-intervention group hadn't received it. The data gathering tool was questionnaires which one part of them had been completed in 7 health care centers of Rafsanjan and the trained midwives had completed the rest of them in the maternity.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201101065556N1**

Registration date: **2012-05-28, 1391/03/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-05-28, 1391/03/08

Registrant information

Name

Neda Mohammadinia

Name of organization / entity

Nursing college of iranshahr

Country

Iran (Islamic Republic of)

Phone

+98 54 7222 5595

Email address

mohammadinia@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences and Health Services

Expected recruitment start date

2007-01-20, 1385/10/30

Expected recruitment end date

2008-04-20, 1387/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Studying effects of the sysembrium seeds consumption on spontaneous labor in primigravid

Public title

Studying effects of the sysembrium seeds consumption on spontaneous labor in nuliparus

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: the Iranian primigravida; hadn't used any scientific or herbal methods in order facilitating their parturition; referr to one of the seven health care centers in the city for their gestational cares; candid for vaginal delivery and didn't have any recognized or predictable problems for cesarean as they entered to the study; Their parturition had planed to perform in Nicknafas educational health care center of Rafsanjan Exclusion

criteria: unIranian national; multigravid; used any scientific or herbal methods in order facilitating their parturition; refer to one of personal health care centers in the city for their gestational cares; candid for cesarean delivery and have recognized or predictable problems for cesarean as they entered to the study; unknown or not planned where their parturition.

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **170**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Rafsanjan University of Medical Science and Health Services Ethics Comitte

Street address

111111; aliebnabitaleb square; rafsanjanUniversity of Medical Science; kerman

City

rafsanjan

Postal code

111111

Approval date

2006-08-20, 1385/05/29

Ethics committee reference number

3243/9/31

Health conditions studied

1

Description of health condition studied

pregnancy,childbirth

ICD-10 code

O60

ICD-10 code description

Preterm labour and delivery

Primary outcomes

1

Description

Spontaneous labour

Timepoint

Referred to hospital(labour time) and post intervention

Method of measurement

Questionnaire

2

Description

Cervix maturation

Timepoint

Post intervention

Method of measurement

Cervix examination & questionnaire

Secondary outcomes

1

Description

Newborn apgar score

Timepoint

First and fifth minute of post partum

Method of measurement

Standard scale apgar

Intervention groups

1

Description

non intervention group at 37th week of gestational (term time) consume daily a one glass of warm water and one spoon of sugar

Category

Placebo

2

Description

According to the resources 28 packets which contain 10 gram of sysembrium - seeds were given to the intervention group at 37th week of gestational (term time) along with the questionnaires. They had trained to consume daily a pocket of London rocket - seeds with one glass of warm water and one spoon of sugar and mark the table which is devised at the back of the questionnaires of the intervention group for the assurance of their consumption

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Nicknafs Maternal Hospital (Rafsanjan)

Full name of responsible person

Marzieh Ioripoor

Street address

111; Nicknafs Maternal Hospital; Shohada Street;
Rafsanjan; Kerman

City

Rafsanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical sciences and Health
Services

Full name of responsible person

Jaafarzadeh Abdollah

Street address

111; University of Medical Science; Aliebnabitaleh
Square; Rafsanjan; Kerman

City

Rafsanjan

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

Yes

Title of funding source

Rafsanjan University of Medical sciences and Health
Services

Proportion provided by this source**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

2

Sponsor

Name of organization / entity

Rafsanjan Nursing & Midwifery College

Full name of responsible person

Jaberansari Ali

Street address

11; Nursing & Midwifery College; Modares Aven;
Rafsanjan; Kerman

City

Rafsanjan

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

Yes

Title of funding source

Rafsanjan Nursing & Midwifery College

Proportion provided by this source**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

Zahedan University of Medical Sciences and Health
Services

Full name of responsible person

Neda Mohammadinia

Position

Teacher & Academy Member

Other areas of specialty/work**Street address**

111; Nursing & Midwifery College; Baloch Bolv;
Iranshahr; Sistan Balochistan Province

City

Iranshahr

Postal code

111

Phone

+98 54 7331 0483

Fax

+98 54 7331 0485

Email

mohammadinia@zaums.ac.ir;
mohammadinia55@yahoo.com

Web page address

www.zaums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences and Health
Services

Full name of responsible person

Neda Mohammadi Nia

Position

Master Science Nursing & Faculty

Other areas of specialty/work**Street address**

Nursing & Midwifery College; Baloch Bolv; Iranshahr,
Sistan Balochistan Province

City

Iranshahr

Postal code

111

Phone

+98 54 7331 0483

Fax

+98 54 7331 0485

Email

mohammadinia@zaums.ac.ir;mohammadinia55@yahoo.com

Web page address

www.rums.ac.ir

Postal code

111

Phone

+98 54 7331 0483

Fax

+98 54 7331 0485

Email

mohammadinia@zaums.ac.irmohammadinia55@yahoo.com

Web page address

www.zaums.ac.ir

Person responsible for updating data**Contact****Name of organization / entity**

Zahedan University of Medical Sciences and Health Services

Full name of responsible person

Neda Mohammadi Nia

Position

Teacher & Faculty

Other areas of specialty/work**Street address**

111; Nursing & Midwifery College; Baloch Bolv;Iranshahr; Sistan Balochistan Province

City

Iranshahr

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*