

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

Investigation the effect of oral rose-water on bishop score and spontaneous labour in primiparous women

Protocol summary

Study aim

Determining the effect of oral rose on bishop score and spontaneous onset of labor in nulliparous women referred to maternity hospitals in Zarand in 1400

Design

A clinical trial, with a control group, with parallel groups, without the possibility of blinding, on 120 patients, the randomizer.org system is used for randomization.

Settings and conduct

Each mother in the intervention group is given a glass of rose water with a concentration of 24% of Zahra Rose Company and a measure of 10 ml to drink twice a day (morning and night) for 7 days. Bishop scores are measured before the intervention and on the seventh day and when you enter labor to give birth. In the control group, a glass of colorless and odorless water is given to mothers to consume twice a day (morning and night) for 7 days.

Participants/Inclusion and exclusion criteria

Inclusion criteria: willingness to participate in the study, willingness to perform natural childbirth, choosing Zarand maternity hospitals as the place of delivery, being the first abdomen, not having uterine contractions, age 18-35 years, cephalic presentation, singleton pregnancy, gestational age 38 weeks Based on reliable first trimester ultrasound or IMP, no rupture of membranes, no placenta previa and intrauterine growth retardation Exclusion criteria include: forgetting more than two uses of rose water, sensitivity to rose water and unwillingness to continue cooperation

Intervention groups

60 pregnant mothers first abdomen in 38-40 weeks of pregnancy

Main outcome variables

bishop score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181219042051N4**

Registration date: **2022-04-04, 1401/01/15**

Registration timing: **registered_while_recruiting**

Last update: **2022-04-04, 1401/01/15**

Update count: **0**

Registration date

2022-04-04, 1401/01/15

Registrant information

Name

Zohreh Ghorashi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 5900

Email address

zghorashi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-21, 1400/11/01

Expected recruitment end date

2022-04-21, 1401/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the effect of oral rose-water on bishop score and spontaneous labour in primiparous women

Public title

Investigation the effect of oral rose-water on bishop score and spontaneous labour in primiparous women

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:

All primiparous women aged 18 to 35 years with singleton pregnancy and gestational age 38 weeks without uterine contractions

Exclusion criteria:

Forgetting more than two uses of rose water sensitivity to rose water and unwillingness to continue cooperation

Age

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

Gender

Female

Phase

3

Groups that have been masked

- Care provider

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Computer Random Assignment: 120 numbers are given to randomizer.org to rank them randomly. Then the odd numbers would consider as the control group and the even numbers as the case group respectively. In this order, each woman who enters the study is placed in the case or control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

The rose is distributed by a midwife expert and the bishop score is measured before the intervention, on the 7th day and entering the labor by two midwives who are unaware of the intervention group (one blind)

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

ethics committee of Rafsanjan university of medical sciences

Street address

main office of Rafsanjan university of medical sciences. Rafsanjan. Iran

City

Rafsanjan

Province

Kerman

Postal code

7717933777

Approval date

2021-12-18, 1400/09/27

Ethics committee reference number

IR.RUMS.REC.1400.206

Health conditions studied

1

Description of health condition studied

low bishop score

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

bishop score

Timepoint

The modified bishop score is measured before the intervention, on the seventh day and when entering the labor

Method of measurement

Vaginal examination

Secondary outcomes

empty

Intervention groups

1

Description

Each of the mothers in the intervention group is given a glass of rose water with a concentration of 24% of Zahra rose water company and a measure with a capacity of 10 ml, which is taken twice a day (morning and night) for 7 days. Bishop scores are measured before the intervention and on the seventh day and when entering labor to give birth

Category

Treatment - Drugs

2

Description

Control group: there is no intervention in control group. Bishop scores are measured before the intervention and on the seventh day and when entering labor to give birth

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Maternity ward of Imam Ali Hospital in Zarand city

Full name of responsible person

Fereshteh Mokhtari

Street address

Kerman, Zarand, Jomhuri Eslami Blvd., Parstar St., Imam Ali Hospital

City

Zarand

Province

Kerman

Postal code

7761976551

Phone

+98 34 3342 5000

Fax

+98 34 3342 9515

Email

beazarand@yahoo.com

Web page address

<http://emamali-zarand.tamin.ir/>

2

Recruitment center

Name of recruitment center

Maternity ward of Sina Hospital in Zarand city

Full name of responsible person

Maryam Amiri

Street address

Jomhoori Eslami BLV. Sajadyeh roundabout. Zarand

City

Zarand

Province

Kerman

Postal code

7761819595

Phone

+98 34 3142 8000

Fax

+98 34 3142 8000

Email

sinazarand.hospital@yahoo.com

Web page address

<https://zarandhcn.kmu.ac.ir/fa>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Reza vazirinejad

Street address

Research deputy of Rafsanjan university of medical

sciences

City

Rafsanjan

Province

Kerman

Postal code

7718696699

Phone

+98 34 3425 5900

Email

zghorashi@yahoo.com

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

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

Rafsanjan University of Medical Sciences

Full name of responsible person

Zohreh Ghorashi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

parastar street. school of nursing midwifery

City

Rafsanjan

Province

Kerman

Postal code

7718696699

Phone

003434255900

Email

zghorashi@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Zohreh Ghorashi

Position

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

Rafsanjan University of Medical Sciences

Full name of responsible person

Zohreh Ghorashi

Position

Assistant professor

Latest degree

Ph.D.

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

there is not extra information

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