

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jun 2026

Investigating the effect of massage based on Iranian medicine with almond oil on bilirubin in full-term and pre-term infants with hyperbilirubinemia referred to the phototherapy departments of Shiraz hospitals.

Protocol summary

Study aim

1. Determine and compare the demographic characteristics between term and preterm infants in the intervention and control group 2. Determine and compare the mean of serum bilirubin before massage between the intervention and control groups in full-term and preterm neonates 3. Determine and compare the mean of serum bilirubin changes between term and preterm infants in the intervention and control group 4. Determine and compare the changes in the number of phototherapy days in term and preterm infants in the intervention and control group 5. Determination of predictive variables, bilirubin index in term and premature neonates in the intervention and control group

Design

A non-blinded randomized clinical trial with the control group. In 160 neonates. The online software will use for randomization.

Settings and conduct

Along with the routine care in the intervention group, the mother will massage the Infant for 15 minutes with almond oil three times a day in the phototherapy departments of Shiraz University of Medical Sciences hospitals for three days. Usual care will be done for the control group.

Participants/Inclusion and exclusion criteria

Birth age over 34 weeks and referred to the phototherapy centers. hyperbilirubinemia and no other underlying conditions, absence of infection, receiving medication during the study, and lack of sensitivity to almond oil.

Intervention groups

The massage group -the control group

Main outcome variables

Serum bilirubin level Number of phototherapy days

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221204056708N1**

Registration date: **2022-12-22, 1401/10/01**

Registration timing: **prospective**

Last update: **2022-12-22, 1401/10/01**

Update count: **0**

Registration date

2022-12-22, 1401/10/01

Registrant information

Name

Bahar Morshed-Behbahani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4251

Email address

morshe_b@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-01-21, 1401/11/01

Expected recruitment end date

2023-09-21, 1402/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of massage based on Iranian medicine with almond oil on bilirubin in full-term and pre-term infants with hyperbilirubinemia referred to the phototherapy departments of Shiraz hospitals.

Public title

Investigating the effect of massage based on Iranian medicine on the level of bilirubin in newborns

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Birth age over 34 weeks Hyper bilirubin Hospitalization in the photo therapy department

Exclusion criteria:

Underlying medical conditions medicine consumption sensitivity to almond oil

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 160

Randomization (investigator's opinion)

Randomized

Randomization description

For randomization, the stratified permutation block method will assign neonates to two control and intervention groups in two subgroups. Based on the size of the sample and the number of groups, and considering the two subgroups to create the correct ratio of sample allocation to the blocks, eight blocks of 20 will be allocated in the random allocation list (according to the two subgroups, ten items per subgroup). We will prepare the random allocation list with online software.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics Committee of the Schools of Nursing and

Midwifery, Management and Medical Information - S

Street address

Karimkhan Zand Street, Namazi Square

City

Shiraz

Province

Fars

Postal code

7193613119

Approval date

2022-12-20, 1401/09/29

Ethics committee reference number

IR.SUMS.NUMIMG.REC.1401.100

Health conditions studied

1

Description of health condition studied

Neonatal jaundice, unspecified

ICD-10 code

P59

ICD-10 code description

Neonatal jaundice from other and unspecified causes

Primary outcomes

1

Description

Mean serum bilirubin level

Timepoint

Daily , from the time of admission until three days

Method of measurement

Venous blood sampling and measurement of bilirubin level

Secondary outcomes

1

Description

The number of photo therapy hours

Timepoint

Discharge time

Method of measurement

Photo therapy hours recorded in the file

Intervention groups

1

Description

Intervention group: Massage based on Iranian medicine with almond oil. We massage the neonates in 3 stages for 15 minutes. 5 minutes for each step. In the first step: We put the neonate on his abdomen. We will massage the neonate from the top of the head to the neck and upside down. Then back and forth movements from the neck to the shoulders. Then, from the upper back to the waist. Then we massage from the shoulder to the

fingertips back and forth (on both hands). Then massage from the thigh to the ankle in a back-and-forth motion, which we do on both legs. In the second step, we put the baby to sleep in the open arch position. We perform bending and straightening movements of the right arm, left arm, right leg, and left leg (folded or flexed) in each step (opening and closing the hand or leg) movement in ten seconds, which together take one minute will be done. It will take about 5 minutes for both hands and both feet. In the third step, we will repeat the first step. These steps are taught to the mother to perform.

Category

Treatment - Other

2**Description**

Control group: In this group, we perform only routine care, such as phototherapy.

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Hazrat Zainab Hospital

Full name of responsible person

Bahar Morshed Behbahani

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2**Recruitment center****Name of recruitment center**

Hafez hospital

Full name of responsible person

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

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7134814336

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memarpour@sums.ac.ir

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

Yes

Title of funding source

Shiraz 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**

Shiraz University of Medical Sciences

Full name of responsible person

Bahar Morshed-Behbahani

Position

Assistant Professor of Reproductive Health MPH of Health Policy

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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Person responsible for scientific inquiries

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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