

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of Acupressure on Initiation of labor In Post term Pregnancy

Protocol summary

Summary

This randomized controlled clinical trial was carried out at the Ganjavian Hospital in Dezful, Iran. Eighty eligible nulliparous women were randomized to acupressure group versus usual medical care (control group). For Women in intervention group, acupressure was done in Large Intestine.4 (Hego), Spleen.6 (Sanynjiao), Gall bladder.21 (Jianjing) with special technique under supervision of acupuncturist in 60 seconds pressure, 30 seconds rest and this procedure was repeated 5 times in each point, that takes 30 minutes. In control group usual medical care was done. If delivery wasn't done, 24 hours after first session, acupressure was repeated and if labor spontaneously didn't initiate until end of 41 weeks, Labor induced with classic induction. Patients in both group was evaluated for: Bishop score variations, number of people had spontaneous labor, period from acupressure to delivery, period from acc to active phase, period from Estimate Date of Confinement until Actual date of delivery, mode of delivery, need of oxytocin.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201109257631N1**

Registration date: **2012-05-27, 1391/03/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-05-27, 1391/03/07

Registrant information

Name

Zeinb Talebzadeh

Name of organization / entity

Ahvaz Jundishapur university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 64 1222 2395

Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Ahwaz University of Medical Sciences

Expected recruitment start date

2010-07-06, 1389/04/15

Expected recruitment end date

2010-11-11, 1389/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Acupressure on Initiation of labor In Post term Pregnancy

Public title

The Effect of Acupressure on Initiation of labor

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: nulliparous women with uncomplicated pregnancy; Cephalic singleton fetus at 40 - 42 weeks of gestation and Bishop score ≤ 4 ; Normal Biophysical profile and NST. Exclusion Criteria: Obvious tight pelvic in vaginal exam; using other methods of labor induction like castor oil, nipple stimulation; being in active phase or having contraction; preeclampsia; Diabetes or other systemic disease.

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 80

Randomization (investigator's opinion)

Randomized

Randomization description

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

Vice Chancellor For Research of Ahwaz University of Medical Sciences

Street address

Vice Chancellor for Research and Information Technology, University of Medical Sciences, Ahwaz Jondishapour, Ground Floor, University city

City

Ahwaz

Postal code

6135715794

Approval date

2010-10-16, 1389/07/24

Ethics committee reference number

ETH046

Health conditions studied

1

Description of health condition studied

postdate pregnancy

ICD-10 code

O48

ICD-10 code description

Prolonged pregnancy

Primary outcomes

1

Description

bishop score

Timepoint

first session for acupressure, 24 hours after first time and until delivery

Method of measurement

Vaginal exam

2

Description

Spontaneous delivery

Timepoint

first session for acupressure, 24 hours after first time and until delivery

Method of measurement

Vaginal exam

3

Description

period of time from acupressure to delivery and active phase

Timepoint

first session for acupressure, 24 hours after first time and until delivery

Method of measurement

time

Secondary outcomes

empty

Intervention groups

1

Description

acupressure was done 30 minutes in 3 points include LI.4, GB.21 and SP.6

Category

Other

2

Description

control group didn't have any intervention and did midwifery routine .

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Dezful Ganjavian Hospital

Full name of responsible person

Zeinab Talebzadeh

Street address

Dezful Ganjavian Hospital, Opposit of Zamini padegan, Dezful-Andimeshk Road

City

Dezful

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Ahwaz University of Medical Sciences

Full name of responsible person

Dr. Mostafa Fegghi

Street address

Jondi Shapur Ahwaz University of Medical Sciences, opposite the central building

City

Ahwaz

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

Yes

Title of funding source

Vice Chancellor for Research of Ahwaz University of Medical Sciences

Proportion provided by this source

100

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**

Ahwaz Jundishapur University of Medical Sciences

Full name of responsible person

Zeinab.Talebzadeh

Position

Graduate Student

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

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Person responsible for scientific inquiries

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Mitra Tadayon

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Master Science

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Web page address

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