

# 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

talebzadeh-zr@ajums.ac.ir

##### 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  $\leq$  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**

Jondi Shapur Ahwaz University of Medical Sciences, School of Nursing and Midwifery

**City**

Ahvaz

**Postal code****Phone**

+98 64 1222 2395

**Fax****Email**

talebzadeh-zr@ajums.ac.ir

**Web page address**

## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Ahwaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Mitra Tadayon

**Position**

Master Science

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

Jondi Shapur Ahwaz University of Medical Sciences, School of Nursing and Midwifery

**City**

Ahwaz

**Postal code****Phone**

+98 61 1373 8394

**Fax**

+98 61 1373 8394

**Email**

tadayon-mw@ajums.ac.ir

**Web page address**

## Person responsible for updating data

**Contact****Name of organization / entity**

Ahwaz Jundishapur University of Medical Science

**Full name of responsible person**

Zeinab Talebzadeh

**Position**

Graduate Student

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

Ahwaz

**Postal code****Phone**

+98 64 1222 2395

**Fax**

+98 64 1222 2395

**Email**

Talebzadeh-zr@ajums.ac.ir  
zeinab.talebzadeh@gmail.com

**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*