Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of Massage Aromatherapywith Lavender Oil on pain intensity of active phase of labor in nulliparous women.

Protocol summary

Summary

Objective:The effect of massage aromatherapy with lavender oil on pain intensity of active phase of labor in nulliparous women. Design:randomized, single blind, control with placebo, single center, Phase one trial Method: a)The study population:term pregnant women who admitted to Mahdiyeh Hospital in Tehran city in 2008 that referred to vaginal delivery . 1)The main criteria for inclusion to study: Private consent for the study; age between 18-35; gestational age between 37-42; cephalic presentation; singleton pregnancy ;cervical dilatation 4 cm; Iranian race; low-risk pregnancies; 19/8<BMI <26/4. 2)The main criteria for exclusion of study:athletes; addiction to narcotic; use of sedative drugs and also use of oxytocin as induction and agmentation. 3)Sample size:90 people b)The study interventions:samples of eligible were divided into three groups as massage, massage with Almond oil, massage aromatherapy with lavender oil. Back massage was performed by effleurage. c)The intervention of time:Massage was performed during 20 minutes in the three stages, dilatation 4-5 cm, dilatation 6-7 cm and dilatation 8-10 cm. d)The primary outcome measure:Pain intensity of labor

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201110057727N1**
Registration date: **2011-11-09, 1390/08/18**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-11-09, 1390/08/18

Registrant information

Name
Leila Mohammadkhani Shahri
Name of organization / entity
Islamic Azad University Karaj Branch
Country
Iran (Islamic Republic of)
Phone
+98 21 7724 0711
Email address
l.mohamadkhani@gmail.com

Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University Of Medical Sciences

Expected recruitment start date

2008-01-21, 1386/11/01

Expected recruitment end date

2008-06-20, 1387/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Massage Aromatherapywith Lavender Oil on pain intensity of active phase of labor in nulliparous women.

Public title

Effect of Lavender on pain of labor

Purpose

Prevention

Inclusion/Exclusion criteria

The main criteria for inclusion to study: signing informed consent; age between 18-35; gestational age between 37-42; cephalic presentation; singleton pregnancy; cervical dilatation 4 cm; Iranian race; low-risk

pregnancies; 19 / 8< BMI <26 / 4. The main criteria for exclusion of study:athletes; addiction to narcotic; use of sedative drugs and also use of oxytocin as induction and augmentation.

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: **90**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ahvaz Jundishapur University Of Medical Sciences

Street address
Deputy of Research and Technology, Ahvaz Jundishapur University Of Medical Sciences, Golestan Ave.- Ahvaz

City
Ahvaz

Postal code
61357-33184

Approval date
2008-01-15, 1386/10/25

Ethics committee reference number
7/8/600/پ

Health conditions studied

1

Description of health condition studied
Pain of labor

ICD-10 code
O75.9

ICD-10 code description
Complication of labour and delivery, unspecified

Primary outcomes

1

Description
Pain intensity of labor

Timepoint
Before and after of massage

Method of measurement
Visual analog scale pain in dilatation 5-4, 7-6 and 10-8 cm has been completed before and immediately after intervention (during contractions) between contractions by assistant in 6 times totally

Secondary outcomes

1

Description
Satisfaction of intervention

Timepoint
About 1 to 2 hours after delivery

Method of measurement
Satisfaction questionnaire

Intervention groups

1

Description
The intervention Group:The massage aromatherapy group with two drops of lavender oil solute in 50 cc bitter almond oil. Kind of intervention group:drugs. Effleurage massage (rub) was performed gently and in medium press by rhythmic during three stages of dilatation 5-4 cm, dilatation 7-6 cm and dilatation 10-8 cm. These massages were performed in 20 minutes (during the intervals and between contractions). The samples eligible have been massage at all of back in lateral position (semi-prone) and the assistant was standing or sitting.

Category
Treatment - Drugs

2

Description
The control group:The massage group without lavender oil. Kind of control group:The previous executable program with mentioned specifications. Effleurage massage (rub) was performed gently and in medium press by rhythmic during three stages of dilatation 5-4 cm, dilatation 7-6 cm and dilatation 10-8 cm. These massages were performed in 20 minutes (during the intervals and between contractions). The samples eligible have been massage at all of back in lateral position (semi-prone) and the assistant was standing or sitting.

Category
Treatment - Other

3

Description
The control group:The massage group with 15 cc of bitter almond oil . Kind of control group: Placebo. Effleurage massage (rub) was performed gently and in medium press by rhythmic during three stages of dilatation 5-4 cm ,dilatation 7-6 cm and dilatation 10-8 cm. These massages were performed in 20 minutes (during the intervals and between contractions). The samples eligible have been massage at all of back in lateral position (semi-prone) and the assistant was standing or sitting.

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Mahdiyeh Hospital

Full name of responsible person
Leila Mohamadkhani Shahri

Street address
Fadaeyan Eslam Ave., Shush Square, Tehran

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ahvaz Jundishapur University Of Medical Sciences

Full name of responsible person
Dr Mohammad Reza Abbaspoor

Street address
Unit 4, Deputy of Research and Technology,Ahvaz Jundishapur University Of Medical Sciences, Golestan Ave., Ahvaz

City
Ahvaz

Grant name
--

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Ahvaz Jundishapur 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
Islamic Azad Universuty Branch Of Birjand

Full name of responsible person
Samaneh Sabet Birgandi

Position
Master Of University, MS Degree Of Midwifery

Other areas of specialty/work

Street address
Ayatollah Ghaffari ave., Birjand

City
Birjand

Postal code

Phone
+98 56 1434 2260

Fax
+98 56 1434 2171

Email
Samane_Sabet5@yahoo.com

Web page address
www.laubir.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Ahvaz Jundishapure University Of Medical Sciences

Full name of responsible person
Zahre Abbaspoor

Position
Master Of University, MS Degree Of Midwifery

Other areas of specialty/work

Street address
Midwifery Group, Faculty Nursing And Midwifery, Ahvaz Jundishapure University Of Medical Sciences, Golestak Ave.

City
Ahvaz

Postal code
61357-33184

Phone
+98 61 1373 8331

Fax
+98 61 1336 1544

Email
Industry@ajums.ac.ir, Industry333@yahoo.com

Web page address
www.ajums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Ahvaz Jundishapure UniversityOf Medical Sciences

Full name of responsible person
Leila Mohamadkhani Shahri

Position
MS Degree of Midwifery, Instructor Of Midwifery
Other areas of specialty/work
Street address
Faculty Nursing And Midwifery, Ahvaz Jundishapure University Of Medical Sciences, Golestan Ave.
City
Ahvaz
Postal code
61357-33184
Phone
+98 61 1373 8331
Fax
+98 61 1336 1544
Email
Industry@ajums.ac.ir, Industry333@yahoo.com
Web page address
www.ajums.ac.ir

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