Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of Massage Aromatherapy with lavandula on Decrease Lenght of First And Second Stage of Labor In Nulliparous Women

Protocol summary

Summary

The purpose of this research was to investigate the effect of Massage Aromatherapy with lavandula the duration of first and second stage of labor in nulliparous women. design:randomized, single blind,control with placebo,single center,Phase one trial Method:a)population:Term pregnant women who admitted to mahdieh hospital in tehran city in 2008 that referred to vaginal delivery.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.3)Sample size:90 people.b) Intervention:Ninety women divided into three groups.First group took only massage.Second group took massage with Almond oil,and third group took massage aromatherapy with Lavender oil.Each group received back effleurage massage. c)Intervention of Time: Massage Was performed during the three stages, dilatation (4-5 and 6-7 and 8-10) for 20 minutes.Primary outcome measure:Lenght of active phase and second stage of labor.Secondary outcome measure:pain intensity of active phase on labor and Satisfaction of intervention

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201209107727N2**
Registration date: **2012-09-22, 1391/07/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-09-22, 1391/07/01

Registrant information

Name
Leila Mohammadkhani Shahri
Name of organization / entity
Islamic Azad University Karaj Branch
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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 Aromatherapy with lavandula on Decrease Lenght of First And Second Stage of Labor In Nulliparous Women

Public title

Effect of Lavender on Duration Of Labor

Purpose

Prevention

Inclusion/Exclusion criteria

The main criteria for inclusion to study: signing informed

consent; age between 18-35 years old; gestational age between 37-42 weeks; 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
Lenght of Second Stage of Labor

ICD-10 code
O63.1

ICD-10 code description
Prolonged Second Stage (of labour)

2

Description of health condition studied
Lenght of Active Phase of Labor

ICD-10 code
063.0

ICD-10 code description
Prolonged First Stage (of labour)

3

Description of health condition studied
Pain of Labor

ICD-10 code
075/9

ICD-10 code description
Complication Of Labour And Delivery,Unspecified

Primary outcomes

1

Description
Lenght of Active Phase of Labor

Timepoint
From 4 cm dilatation to 10 cm dilatation

Method of measurement
By Citizen timer

2

Description
Lenght of Second Stage Of Labor

Timepoint
From 10 cm dilatation to delivery

Method of measurement
By Citizen timer

Secondary outcomes

1

Description
Pain Intensitye of Labor

Timepoint
Before and after the 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

2

Description
Satisfaction of intervention

Timepoint
About 1 to 2 hours after delivery, the parturient was prepared, by the help of a researcher is completed.

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. Effloraugе 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. Effloraugе 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. Effloraugе 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 Mohammadkhani Shahri
Street address
Fadaeyan Eslam Aven - Shush Square
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
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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
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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