Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of the effects of supportive care for the mother and acupressure at BL32 point on the severity pain and outcome of labor in pregnant women

Protocol summary

Summary

This study is a randomized clinical trial on 150 women who had referred to Shoushtari hospital, Shiraz, Iran and compare the effect of supportive care for the mother and acupressure (the BL32) on the severity pain and outcome of labor in pregnant women is discussed. After obtaining informed consent, eligible women were allocated randomly into three groups (two experimental groups and one control group). In all three groups, the standard scale for measuring pain intensity, pain assessment (VAS) was used. The first group, the intervention was that the researcher was beside the mother since her entrance into the department, calmed and encourages the mother to be in positions to suit different stages of labor with cervical dilatation were performed. In the second group, in 3-4 and 7-8cm dilatation, the mother was placed in a proper position and BL32 point was pressed. The pressure was continuously and gently applied by both thumbs for 20 minutes. It was applied by the beginning and stopped at the end of the contractions. On the other hand, the control group only received the department's routine care and underwent no interventions and was indirectly monitored. In all groups, pain intensity before and after the intervention, the progress of labor and delivery process was studied.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014011011706N5**
Registration date: **2014-02-11, 1392/11/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-02-11, 1392/11/22

Registrant information

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Shiraz University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Research Center for raditional Medicine and History of Medicine

Expected recruitment start date

2013-09-15, 1392/06/24

Expected recruitment end date

2013-11-15, 1392/08/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effects of supportive care for the mother and acupressure at BL32 point on the severity pain and outcome of labor in pregnant women

Public title

The impact of supportive care for the mother and acupressure at BL32 point on the severity pain and

outcome of labor in pregnant women

Purpose

Supportive

Inclusion/Exclusion criteria

The inclusion criteria of the study were gestational age of 37-41 weeks based on the date of the last menstrual cycle or first and second trimester ultrasound; first or second pregnancy; mother's age between 18 and 35 years old; single pregnancy; head presentation; lack of obvious chromosomal abnormalities and fetal anomalies; not using any special drugs during pregnancy, and having at least middle school degree. Exclusion criteria of the study were maternal diabetes; growth restriction; Rh incompatibility; history of smoking; history of tobacco use; preeclampsia; oligohydramnios; placenta previa; placental abruption; thick meconium; suffering from any physical or mental disorder, and receiving any kind of medication including pethidine; hyoscine; oxytocin, and atropine.

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: **150**

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

Ethics in Medical Research, Shiraz University of Medical Sciences

Street address

Deputy of Research_Floor 7_University of Medical Sciences of Central Building_Zand Avenue_Shiraz

City

Shiraz

Postal code

71345-1978

Approval date

2013-09-15, 1392/06/24

Ethics committee reference number

CT_P_92_4985

Health conditions studied

1

Description of health condition studied

Pain intensity

ICD-10 code

R10.2

ICD-10 code description

Pelvic and perineal pain

2

Description of health condition studied

Outcome of delivery

ICD-10 code

Z37.0

ICD-10 code description

Single live birth

Primary outcomes

1

Description

Intensity pain

Timepoint

Before and After of intervention

Method of measurement

Visual Analoge Scale

Secondary outcomes

empty

Intervention groups

1

Description

The first group, the intervention was that the researcher was beside the mother since her entrance into the department, calmed and encourages the mother to be in positions to suit different stages of labor.Positions selected so as to avoid boredom and monotony of motherhood.

Category

Treatment - Other

2

Description

In the second group, in 3-4 and 7-8cm dilatation, the mother was placed in a proper position and BL32 point was pressed.The pressure was continuously and gently applied by both thumbs for 20 minutes. It was applied by the beginning and stopped at the end of the contractions.

Category

Treatment - Other

3

Description
The control group only received the department’s routine care and underwent no interventions.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Shoushtari hospital
Full name of responsible person
Andishe Jorkesh
Street address
Shoushtari hospital_Corner of Hong
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Center for Traditional Medicine and History of Medicine
Full name of responsible person
Dr. Alireza Salehi
Street address
Shiaz Medical School Karimkhan Zand St
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Center for Traditional Medicine and History of Medicine
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

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz Medical School
Full name of responsible person
Dr. Maryam Kasraeian
Position
Expert Of Obstetricians and Gynecologists_Fellow Ship Of Perinatology_Assistant Professor
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Person responsible for updating data

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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