Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparing Hoku point (LI4) acupressure and San-Yin-Jiao(SP6) acupressure on labor pain and length of delivery time in nulliparous women in Iran hospital in 2008-2009 .

Protocol summary

Summary

Labor pain is often severe. Unrelieved labor pain can have an adverse effect on both the mother and the infant. The aim of this study was to compare Hoku point (LI4) acupressure and San-Yin-Jiao (SP6) acupressure in labor pain and length of delivery time in nulliparous women in Iran hospital. A randomized clinical trial was performed on 60 nulliparas women who were at the beginning of active phase of labor (4 cm dilatation of cervix). The women were randomly assigned to one of the two groups. The Sanyinjiao group received acupressure at Sanyinjiao points for 20 minute during contractions on two feet. In the Hoku group, acupressure served in the same manner at Hoku points on two hands. Data were collected by means of questionnaires. Labor pain was measured with visual-analogue scale: before the intervention and after the intervention in 4, 6, 8 and 10 cm cervical dilation. Length of delivery time was calculated in two stages: from 4 cm cervical dilation to full cervical dilatation and full cervical dilatation to the delivery. Inclusion criteria being at the beginning of active phase of labor, gestational age between 38-42 weeks, single fetus, cephalic presentation and primiparous women. Exclusion criteria: any psychotic and diagnosed anatomic disorder, chronic diseases, any inflammation in the acupressure region, polyhydraminus and oligohydramimus ,fetal movement reduction, intrauterine growth retardation, fetal death, CPD, history of infertility, abnormal pattern of fetal heart rate , and participants who were taking psychotherapeutic drugs were excluded. Primary outcome is labor pain and Secondary outcome is duration of the active phase of labor.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138804232170N1**
Registration date: **2008-01-20, 1386/10/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2008-01-20, 1386/10/30

Registrant information

Name
Tahmineh Salehian
Name of organization / entity
Zahedan University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 54 7223 3735
Email address
salehian@zdmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Zahedan University of Medical Sciences

Expected recruitment start date

2008-01-20, 1386/10/30

Expected recruitment end date

2009-06-22, 1388/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing Hoku point (LI4) acupressure and San-Yin-Jiao(SP6) acupressure on labor pain and length of delivery time in nulliparous women in Iran hospital in 2008-2009 .

Public title

Comparing Hoku point (LI4) acupressure and San-Yin-Jiao(SP6) acupressure on labor pain and length of delivery time in nulliparous women in Iran hospital in 2008-2009 .

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being at the beginning of active phase of labor, gestational age between 38-42 weeks, single pregnancy, cephalic presentation of the fetus, and primiparous women, good health, not diagnosed with any specific diseases, and planned have a vaginal delivery of a single fetus. Exclusion criteria: Any psychotic and diagnosed anatomic disorder, chronic diseases such as cardiopulmonary disease, diabetes mellitus, skin disease, any damage, inflammation and eczema in the acupressure region, women with gestational hypertension, polyhydraminus and oligohydramimus known with sonography, women with fetal movement reduction, intrauterine growth retardation, fetal death, history of chronic pelvic pain, CPD, women with a history of infertility, abnormal pattern of fetal heart rate, and participants who were taking psychotherapeutic drugs

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Zahedan university of Medical sciences

Street address

Zahedan university of Medical sciences

City

Zahedan

Postal code

Approval date

2008-01-20, 1386/10/30

Ethics committee reference number

606

Health conditions studied

1

Description of health condition studied

labor pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

labor pain

Timepoint

Labor pain was measured four times using a structured questionnaire, a subjective labor pain scale (visual-analogue scale [VAS]): before and 20 minute after the intervention in 4, 6, 8 and 10 cm cervical dilation

Method of measurement

visual-analogue scale

Secondary outcomes

1

Description

duration of the active phase of labor

Timepoint

from 4 cm cervical dilation to full cervical dilatation

Method of measurement

timer

Intervention groups

1

Description

In the Hoku group acupressure served in the same manner as in the other group at Hoku points on two hands. This was carried out in Hoku point throughout contractions

Category

Other

2

Description

The Sanyinjiao group received acupressure at Sanyinjiao points for 20 minute during contractions on two feet

Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Iran hospital of Iranshahr
Full name of responsible person
Street address
City
Iranshahr

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Zahedan university of Medical sciences
Full name of responsible person
Dr.Abaslat Borgi
Street address
Zahedan university of Medical sciences
City
Zahedan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Zahedan 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
Zahedan university of Medical sciences-
Full name of responsible person
Mrs Neda Mohamadinia
Position
Academic Member Dept of Nursing & Midwifery, University of Medical Sciences , Zahedan
Other areas of specialty/work
Street address
Midwifery Dep.Iranshahr Faculty of Medical sciences
City
Iranshahr
Postal code
Phone
+98 54 7331 0482
Fax
Email
Tahminehsalehian@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
University of Medical Sciences , Zahedan
Full name of responsible person
Mrs Tahmineh Salehian
Position
master degree of Midwifery
Other areas of specialty/work
Street address
Academic Member Dept of Nursing & Midwifery, University of Medical Sciences , Zahedan
City
Iranshahr
Postal code
Phone
+98 54 7331 0482
Fax
Email
Tahminehsalehian@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Full name of responsible person
Mrs Neda Mohamadinia
Position
Other areas of specialty/work
Street address
City
Iranshahr
Postal code
Phone
Fax
Email
Tahminehsalehian@yahoo.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