Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of sanyinjiao (SP6) - hegu (LI4) points pressure on labor pain and delivery length in nulliparous women: A randomized controlled trial

Protocol summary

Summary

The aim of this randomized controlled trial is to determine the effect of acupressure at the sanyinjiao (SP6)- hegu (LI4) points on labor pain and delivery length. It will be conducted on 84 nulliparous women and eligibility criteria (begin of active phase of labor, gestational age 37-42 weeks, single pregnancy, cephalic presentation) at sabalan and alavi hospitals in ardabil. After getting written informed consent, we will randomly allocate participants into intervention group (press of SP6- LI4 points) and control group (press of ineffective points on leg and hand) using permuted block randomization with block sizes of four and six. In intervention group, SP6 and LI4 points (on the both organs) in 4, 6, 8, 10 cm dilatation for 20 minute, alternatively each one for 5 minute during the contraction will be pressed by the research assistant . In control group, ineffective points on legs and hands in the same manner will be pressed by the research assistant. Before and after intervention, pain severity will be assessed by the investigator using 10 cm visual scale. Length of delivery time will be calculated in two stages, from 4 cm cervical dilatation to full cervical dilatation and full cervical dilatation to the delivery and will be recorded in the questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106143027N5**
Registration date: **2012-01-21, 1390/11/01**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2012-01-21, 1390/11/01

Registrant information

Name
Fahimeh Sehhatie Shafaie
Name of organization / entity
Tabriz university of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 41 1479 6770
Email address
sehhatief@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Deputy of Tabriz University of Medical Sciences

Expected recruitment start date

2012-01-30, 1390/11/10

Expected recruitment end date

2012-05-30, 1391/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of sanyinjiao (SP6) - hegu (LI4) points pressure on labor pain and delivery length in nulliparous women: A randomized controlled trial

Public title

Effect of sanyinjiao- hegu points pressure on labor pain and delivery length in nulliparous women

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Nulliparous women, age 18-35 years, gestational age 37-42 weeks, single pregnancy, four cm dilatation or before, cephalic presentation, membranes

intact at the initial examination or rupture of membranes less than 6 hours, spontaneous onset of uterine contractions, lack of high-risk pregnancy, fetus weight less than 4000 gram and lack of lesion in sanyinjiao-hego points. Exclusion criteria: any need to emergency intervention in mother and fetus and cancel to continue working.

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: **84**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tabriz University of Medical Sciences Ethics Committee

Street address
Golgasht Street

City
Tabriz

Postal code

Approval date
2012-01-16, 1390/10/26

Ethics committee reference number
9076

Health conditions studied

1

Description of health condition studied
Labor pain

ICD-10 code
O80

ICD-10 code description
Single spontaneous delivery

Primary outcomes

1

Description
Labor pain

Timepoint
Before and after intervention in 4, 6, 8 and 10 cm dilatations

Method of measurement
10 cm visual analogue scale

Secondary outcomes

1

Description
Duration of the active phase of labor

Timepoint
From 4 cm cervical dilatation to full dilatation

Method of measurement
Vaginal examination

2

Description
Duration of second stage of labor

Timepoint
From full cervical dilatation to expulsion

Method of measurement
Vaginal examination

Intervention groups

1

Description
In intervention group: The research assistant will press SP6 and LI4 points (on the both organs) in 4, 6, 8, 10 cm dilatation for 20 minute, alternatively each one for 5 minute, during the contraction

Category
Other

2

Description
In control group: The research assistant will press ineffective points on legs and hands for 20 minute during the contraction (alternatively each one for 5 minute) in 4, 6, 8 and 10 cm dilatation

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Sabalan Hospital

Full name of responsible person

Rafat Kazemzadeh

Street address

Vahdat Square

City

Ardabil

2

Recruitment center

Name of recruitment center

Alavi Hospital

Full name of responsible person

Rafat Kazemzadeh

Street address

Saheli Street

City

Ardabil

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy of Tabriz University of Medical Sciences

Full name of responsible person

Dr. Mohammad-Reza Rashidi

Street address

Golgasht Street

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Deputy of Tabriz 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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Fahimeh Sehhatie Shafaie

Position

Master of Sciences in Midwifery

Other areas of specialty/work

Street address

Faculty of Nursing and Midwifery, South Shariati Street

City

Tabriz

Postal code

Phone

+98 41 1477 2699

Fax

+98 41 1479 6969

Email

sehhatief@tbzmed.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Rafat Kazemzadeh

Position

Master of Sciences Student in Midwifery

Other areas of specialty/work

Street address

Faculty of Nursing and Midwifery, South Shariati Street

City

Tabriz

Postal code

Phone

+98 41 1477 2699

Fax

+98 41 1479 6969

Email

r.kazemzadeh@arums.ac.ir

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