Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effectiveness of hypnosis by mental imagination in reducing anxiety and labor pain of in women primiparous

Protocol summary

Study aim
Determination of hypnosis by mental imagination in reducing anxiety and labor pain of in women primipara

Design
Controlled clinical trial, with a parallel group, randomized by replacement method with sample size of 70 patients.

Settings and conduct
The present clinical trial will be done in Ommolbanin and emam reza hospital in Mashhad. After taking a written informed consent, persons will be placed in 2 groups based on random allocation. The control group will receive only routine prenatal cares. Intervention group receive mentioned intervention in addition prenatal cares. anxiety of childbirth will be measured before and after intervention with beck questionnaire. Also pain of delivery will be measured by mcgill pain questionnaire.

Participants/Inclusion and exclusion criteria
Age:18-35 years old; Primiparous; Gestational age: 28-34 weeks; single pregnancy; not having Psychology or chronic medical disease; Having average and high level of hypnotic susceptibility;

Intervention groups
In the Intervention group 5 sessions delivery room imaging with hypnosis will be done for 30 min (weekly)for the conditioning the mother in addition to usual prenatal care. Then intervention group observes the film of labor room for a 15 - minute in 28-34th weeks of pregnancy The control group receives only routine prenatal care.

Main outcome variables
Assessment anxiety after hypnosis and watching film. Assessment pain in two stages (dilation 4 cm; 8-4 cm).

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20191206045630N1**
Registration date: **2020-05-02, 1399/02/13**
Registration timing: **registered_while_recruiting**

Last update: **2020-05-02, 1399/02/13**
Update count: **0**

Registration date
2020-05-02, 1399/02/13

Registrant information

Name
bita khosh kish manesh

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 26 3220 1402

Email address
khoshkishmb971@mums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-02-12, 1398/11/23

Expected recruitment end date
2022-02-01, 1400/11/12

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effectiveness of hypnosis by mental imagination in reducing anxiety and labor pain of in women primiparous

Public title
Effectiveness of hypnosis by mental imagination in anxiety and labor pain

Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
All pregnant women are Iranian and live in Mashhad. Pregnancy is between 28 and 34 weeks. All women are Primigravid. Individuals will be able to answer questionnaire. All people are literate. Pregnancy must be a single pregnancy. Having average and high level of hypnotic susceptibility. Do not have Psychology or chronic medical disease.
Exclusion criteria:
Primary anxiety disorder psychological disorders
Age
From **18 years** old to **40 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Data analyser

Sample size
Target sample size: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
The research units were divided into two intervention and control groups by replacement randomization method and concealment will be done by enclosed packets.
Blinding (investigator's opinion)
Single blinded
Blinding description
The analysis of the collected data is blind.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethic committtee of Mashhad University of Medical Sciences
Street address
Ibne Sina Street, Crossroads Doctora, School of Nursing and Midwifery
City
Mashhad
Province
Razavi Khorasan
Postal code
9138813944
Approval date
2019-11-12, 1398/08/21
Ethics committee reference number
IR.MUMS.NURSE.REC.1398.093

Health conditions studied

1

Description of health condition studied
Anxiety of Childbirth
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Pain of Labour
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Score Anxiety of Childbirth
Timepoint
Before intervention and after intervention by the beginning of the first phase of labour
Method of measurement
Beck anxiety questionnaire

2

Description
Labour pain
Timepoint
Cervical dilation: 4 cm and 4-8 cm
Method of measurement
Mcgill pain questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: in the Intervention group 5 sessions delivery room imaging with hypnosis will be done for 30 min (weekly)for the conditioning the mother in addition to usual prenatal cares. Then intervention group observes the film of labour room for 15 - minutes in 28-34th weeks of pregnancy.
Category
Other

2

Description
Control group: The control group receives only routine prenatal care.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Ommolbanin hospital
Full name of responsible person
Masoumeh Mirteimouri
Street address
Ayatolah Bahjat Street, Mashhad, Khorasan
City
Mashhad
Province
Razavi Khorasan
Postal code
9138813944
Phone
+98 51 3223 1061
Fax
+98 51 3223 1444
Email
oah@mums.ac.ir

2

Recruitment center
Name of recruitment center
Emamreza hospital
Full name of responsible person
Mohammad Tayebi
Street address
Emamreza hospital square, Mashhad, Khorasan razavi
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913316
Phone
+98 51 3854 3031
Fax
Email
emamreza@mums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
DR. Bahreini
Street address
School of Nursing and Midwifery,Doctora Crossroads,Daneshgah Street
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913199
Phone
+98 51 3859 1511
Email
presidentoffice@mums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
BiBi Sedigheh Shariat Moghani
Position
Instructor
Latest degree
Master
Other areas of specialty/work
Midwifery
Street address
School of Nursing and Midwifery,Doctora Crossroads,Daneshgah Street
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913199
Phone
+98 51 3859 1511
Email
ShariatMoghaniS@mums.ac.ir

Person responsible for scientific

inquiries

Contact

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Person responsible for updating data

Contact

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Phone
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Email
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
All data can be shared after unrecognizable people

When the data will become available and for how long
Start the access period 7 months after printing the results

To whom data/document is available
Your data will only be available to researchers working in academic and scientific institutions

Under which criteria data/document could be used
Professors and faculty of universities

From where data/document is obtainable
To receive the documentation or data you can email to ShariatMoghaniS@mums.ac.ir

What processes are involved for a request to access data/document
First, they will email their request and then they will be given the documents or data files after receiving the email.

Comments