

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jul 2026

### The Effect of Mental Imagery on Preoperative Anxiety in Patients Undergoing Abdominal Surgery

#### Protocol summary

2014-05-27, 1393/03/06

#### Study aim

The aim of this study was to determine the effect of mental imagery on anxiety in patients before abdominal surgery.

#### Design

This clinical trial study was conducted with parallel group, randomized design.

#### Settings and conduct

In this randomized clinical trial, 116 patients undergoing appendectomy and herniorrhaphy at Sabzevar Beheshti Hospital in 2014 will be randomly assigned to intervention and control groups.

#### Participants/Inclusion and exclusion criteria

Some of inclusion criteria included: patients 15 to 49 years old; abdominal surgery (appendicitis and hernia requiring surgical intervention); having full consciousness

#### Intervention groups

Intervention group: 18-minute mental imagery CD will be played through headphones, which include visualization of the beautiful scenery and pleasant (the beach) and positively associated with increased wellness is empathy. The control group received routine care.

#### Main outcome variables

anxiety

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013122315905N1**

Registration date: **2014-05-27, 1393/03/06**

Registration timing: **retrospective**

Last update: **2019-06-10, 1398/03/20**

Update count: **1**

##### Registration date

#### Registrant information

##### Name

Mahbobe Mohebbi

##### Name of organization / entity

Sabzevar University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 1386 1959

##### Email address

mohebbi\_mhb@yahoo.com

#### Recruitment status

##### Recruitment complete

#### Funding source

Sabzevar University of Medical Sciences

#### Expected recruitment start date

2013-11-22, 1392/09/01

#### Expected recruitment end date

2014-03-19, 1392/12/28

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The Effect of Mental Imagery on Preoperative Anxiety in Patients Undergoing Abdominal Surgery

#### Public title

The Effect of Mental Imagery on Anxiety

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

patients 15 to 49 years old abdominal surgery (appendicitis and hernia requiring surgical intervention)

having full consciousness loss of hearing loss of hearing;  
having a stressful event (divorce, death of spouse or  
close relative, loss of a job, migration, severe accident)  
during the last 6 months

**Exclusion criteria:**

**Age**

From **15 years** old to **49 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **116**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Random assignment using random blocks

**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**

Sabzevar University of Medical Sciences

**Street address**

Next to the police station to Shahroud road, Sabzevar.

**City**

Sabzevar

**Province**

Razavi Khorasan

**Postal code**

0000000000

**Approval date**

2013-11-13, 1392/08/22

**Ethics committee reference number**

medsab.Rec.92.1

**Health conditions studied**

1

**Description of health condition studied**

Anxiety before abdominal surgery

**ICD-10 code**

F41.1

**ICD-10 code description**

Generalized anxiety disorder

**Primary outcomes**

1

**Description**

Preoperative Anxiety

**Timepoint**

Before surgery

**Method of measurement**

Spielberger Anxiety Inventory

**Secondary outcomes**

empty

**Intervention groups**

1

**Description**

In addition to routine care, interventional group listened to guided imagery audio CD, one hour before surgery for 18 minutes.

**Category**

Other

2

**Description**

Control group received only routine care.

**Category**

Treatment - Other

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Sabzevar Beheshti Hospital

**Full name of responsible person**

Mahbobe Mohebbi

**Street address**

Razi Street

**City**

Sabzevar

**Province**

Razavi Khorasan

**Postal code**

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**Phone**

+98 51 4442 8257

**Email**

mohebbi\_mhb@yahoo.com

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Sabzevar University of Medical Sciences

**Full name of responsible person**

Mr. Moosareza Tadayonfar

**Street address**

School of Nursing and Midwifery, next to the police station to SHahroud road, Sabzevar.

**City**

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**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Sabzevar 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**

Sabzevar University of Medical Sciences

**Full name of responsible person**

Mahbobe Mohebbi

**Position**

Senior student of Nursing

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Sabzevar University of Medical Sciences

**Full name of responsible person**

Mr Moosareza Tadayonfar, Faculty Member of Sabzevar University of Medical Science

**Position**

Master of nursing

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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**Name of organization / entity**

Sabzevar University of Medical Sciences

**Full name of responsible person**

Mahbobe Mohebbi

**Position**

senior student of Nursing

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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**Email**

mohebby\_mhb@yahoo.com

**Web page address**

## **Sharing plan**

### **Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

### **Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

### **Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to

make this available

### **Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

### **Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

### **Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

### **Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available