

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jul 2026

### Assessment the effect of desensitization method with eye movements and reprocessing on anxiety induced by dressing pain in burn patients

#### Protocol summary

##### Summary

This study aimed to determine the effects of desensitization method with slow eye movements and reprocessing on the anxiety of pain related to dressing in burn patients who admitted in Qazvin Rajaei hospital. This study is a randomized clinical trial that is based on purposive sampling. Patients who had experienced at least burn dressing change and debridement once will nonrandomly divided into two groups of 30 which 30 patients will be in experimental group and 30 patients will be in control group. In the experimental group anxiety of burn pain before procedure and 45 minutes before going to dressing room with code 1 questionnaire, after procedure and before dressing with code 2 questionnaire will be measure by Burns Specific Pain Anxiety Scale measurements. Also, after dressing and patient back to bed, anxiety of burn pain will be measured with code 3 questionnaire. Control group will receive no intervention and only the anxiety of burn pain will be measured before and after dressing change and going to bed by code 4 and code 5 questionnaires, it should be considered that all two groups will receive all treatment procedure equally which physician ordered including sedatives and only for experimental group addition to the things above the intervention will be used.

#### General information

##### Acronym

eye movement Desensitization and reprocessing

##### IRCT registration information

IRCT registration number: **IRCT2014060117937N1**

Registration date: **2014-09-03, 1393/06/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-09-03, 1393/06/12

##### Registrant information

###### Name

Mostafa chatrooz

###### Name of organization / entity

Qazvin university of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 28 3333 8127

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mchatrooz@qums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Qazvin University of Medical Sciences

##### Expected recruitment start date

2014-03-04, 1392/12/13

##### Expected recruitment end date

2014-06-08, 1393/03/18

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Assessment the effect of desensitization method with eye movements and reprocessing on anxiety induced by dressing pain in burn patients

##### Public title

anxiety of pain

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Grade 2 burn which diagnosed by

specialist physician: Patients have passed the acute phase of illness: Patients didn't have a history of seizures: The level of education should be higher than fifth grade: Patients didn't have a history of mental illness: Patients who don't have drug addiction: Patients were between 18 and 60 years old: Patients shouldn't have strabismus or vision problems: Patients should be able to speak and understand Persian language: Patients shouldn't have burns on head, face and respiratory system: Patients experienced dressing change at least once after their admission. Exclusion criteria: Patients are not able to tolerate the treatment method: Patients don't cooperate with the therapist: Patients who candidate for skin graft surgery after choose.

#### **Age**

From **18 years** old to **60 years** old

#### **Gender**

Both

#### **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)**

Not blinded

#### **Blinding description**

#### **Placebo**

Not used

#### **Assignment**

Parallel

#### **Other design features**

### **Secondary Ids**

empty

### **Ethics committees**

#### 1

#### **Ethics committee**

##### **Name of ethics committee**

Qazvin university of Medical Sciences Ethics Committee

##### **Street address**

Nursing Faculty, Qazvin University of Medical Sciences, Bahonar Blv, Qazvin

##### **City**

Qazvin

##### **Postal code**

3419759811

##### **Approval date**

2014-02-26, 1392/12/07

##### **Ethics committee reference number**

28/20/8489

### **Health conditions studied**

#### 1

#### **Description of health condition studied**

Burn patients

#### **ICD-10 code**

T20-T32

#### **ICD-10 code description**

Burns and corrosions

### **Primary outcomes**

#### 1

#### **Description**

Anxiety of burn pain

#### **Timepoint**

Ninety-six days simultaneously in the intervention and control groups

#### **Method of measurement**

Burns Specific Pain Anxiety Scale

### **Secondary outcomes**

#### 1

#### **Description**

Outcome of patient care

#### **Timepoint**

Ninety-six days simultaneously in the intervention and control groups

#### **Method of measurement**

Burns Specific Pain Anxiety Scale

### **Intervention groups**

#### 1

#### **Description**

Patients in intervention group should do the followings with the guidance and cooperation of therapist. The visual embodiment of an image most prominent of the traumatic scene. Focusing on the negative cognition of the scene that is expressed as a brief description to explain the traumatic event before, for example I'm guilty or that scene was really heartbreaking and horrible for me. Focus on emotions and physical conditions related to stress and anxiety, and expressing the location of stress or anxiety on body parts. Visual following of therapist finger motions in the state of continuing imaging the traumatic scene by patient, patient should follow the rapid therapist finger motions which are in across of his/her vision sight with rapid eye movements. The finger of therapist should be away from patient's eyes approximately 30 cm and it should be moved from right to left and vice versa in patient vision sight. This movement involves two went and back to the sides within one second that is one cycle and each 12 to 24 cycles are one series. After each series, the therapist says to the patient that stops the imaging of the scene

and sits back on seat and takes a deep breath. Then therapist who earlier rated the levels of anxiety units or mental discomfort and cognitive credibility with cooperation of patient, attempting to rate and re-evaluation of these two variables by the patient, and will record them. This process will repeated several times according to the patient's needs and level of motivation and if possible it will repeated so extent till the levels of mental discomfort units meets the zero and minimized. Session lasts up to 90 minutes.

**Category**

Other

**2****Description**

Control group: the group that will receive the standard treatment ordered by the physician according to the hospital protocol by staff and the interventions will not be performed by the researcher.

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Shahid Rajaei Hospital

**Full name of responsible person**

Mostafa chatrrooz

**Street address**

Nursing Faculty, Qazvin University of Medical Sciences, Bahonar Blv, Qazvin

**City**

Qazvin

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Qazvin university of Medical Sciences

**Full name of responsible person**

Dr Zinat jourabchi

**Street address**

Nursing Faculty, Qazvin University of Medical Sciences, Bahonar Blv, Qazvin

**City**

Qazvin

**Grant name**

پ/7/د

**Grant code / Reference number**

28/6/8497

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

Yes

**Title of funding source**

Qazvin 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**

Qazvin University of Medical Sciences

**Full name of responsible person**

Mostafa chatrrooz

**Position**

M.S. student in nursing

**Other areas of specialty/work****Street address**

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**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*