Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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 chatrrooz

Name of organization / entity

Qazvin university of Medical Sciences

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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 dont 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

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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

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Position

M.S. student in nursing

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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