

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

comparison between the effect of eye movement desensitization and reprocessing (EMDR) and guided imagery on the severity of insomnia and pain of rheumatoid arthritis patients

Protocol summary

Summary

The aim of study was to determine and comparison between the effect of eye movement desensitization and reprocessing (EMDR) and guided imagery on the severity of insomnia and pain of rheumatoid arthritis patients. Seventy five patients with rheumatoid arthritis will be divided randomly in three groups of Eye Movement Desensitization and Reprocessing (Group 1), guided imagery (Group 2) and control group (Group 3). Inclusion criteria for the study included: adult patients with rheumatoid arthritis, rheumatoid arthritis is diagnosed by a doctor, patients didn't have a history of seizures, patients didn't have a history of mental illness, patients didn't have drug addiction, consent form must be completed by participants, patients shouldn't have hearing or vision problems, having complete consciousness, to be literate. Exclusion criteria were: lack of motivation to continue working, relapse, migration and death, the bad memory of the forest and landscape. Population of the study consists of patients with rheumatoid arthritis were referred to Yasouj Mofateh martyr. Total sample size is 75 patients who will be divided in 3 groups of 25 people. Intervention group 1: Eye Movement Desensitization and Reprocessing (EMDR) will be done in six days. Intervention groups 2: guided Imagery will be done in six days and patients will be asked once daily for 35 minutes to listen to audio CDs. Group 3 will be the control group. Data will be collected two weeks before the intervention, two weeks after the start of interventions. Primary outcomes are the severity of insomnia and pain in rheumatoid arthritis.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022926846N1**

Registration date: **2016-05-02, 1395/02/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-05-02, 1395/02/13

Registrant information

Name

Nasrin GHanbarinia

Name of organization / entity

Yasuj University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 74 3323 5141

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Yasuj University of Medical Sciences

Expected recruitment start date

2016-04-08, 1395/01/20

Expected recruitment end date

2016-06-09, 1395/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparison between the effect of eye movement

desensitization and reprocessing (EMDR) and guided imagery on the severity of insomnia and pain of rheumatoid arthritis patients

Public title
The effect of interventions based of psychological on the severity of insomnia and pain in rheumatoid arthritis

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria for the study included: adult patients with rheumatoid arthritis, Rheumatoid arthritis is diagnosed by a doctor, Patients didn't have a history of seizure, Patients didn't have a history of mental illness, Patients didn't have drug addiction, providing consent form , Patients shouldn't have hearing or vision problems, having complete consciousness, to be literate. Exclusion criteria were: lack of motivation to continue participating, relapse, migration and death, the bad memory of the forest and landscape.

Age
No age limit

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **75**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Seventy-five patients with rheumatoid arthritis will be divided into three groups by block

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Yasuj University of Medical Sciences

Street address

Research Management of Yasuj University of Medical Sciences, Research and Technology Deputy of Yasuj University of Medical Sciences, Shahid Motahary Blvd., Yasuj, Iran

City

Yasuj
Postal code
7591994799
Approval date
2016-03-06, 1394/12/16
Ethics committee reference number
Code of ethics:IR.YUMS.REC.1394.130

Health conditions studied

1

Description of health condition studied

Rheumatoid Arthritis

ICD-10 code

M06.9

ICD-10 code description

Rheumatoid arthritis, unspecified

Primary outcomes

1

Description

Insomnia Severity

Timepoint

Two weeks before the start of intervention - Two weeks afterthe start of intervention

Method of measurement

Insonia Severity Index(ISI)

2

Description

pain

Timepoint

Two weeks before the start of intervention - Two weeks afterthe start of intervention

Method of measurement

Rheumatoid Arthritis pain scale

Secondary outcomes

1

Description

havenot

Timepoint

havenot

Method of measurement

havenot

Intervention groups

1

Description

Interventions 1: Eye Movement Desensitization and Reprocessing (EMDR)group interventions will be done in an eight stage: Client History and Treatment Planning, Preparation, Assessment, Desensitization, Installation,

Body Scan, Closure, Re-evaluation for 6 consecutive days by the researcher. Session lasts up to 90 minutes.

Category
Other

2

Description

Guided Imagery Group interventions will be done to visualize the landscape for patients in 6 consecutive sessions and of patients will be asked once daily for 35 minutes to listen to audio CDs.

Category
Other

3

Description

Control group: People in the control group will not receive any intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Rheumatology clinic of Shahid Mofateh

Full name of responsible person
Dr Ardashir Afrasiabifar

Street address
Nursing and Midwifery College, Shahid Dr. Jalil St., Yasuj

City
Yasuj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Yasuj University of Medical Sciences

Full name of responsible person
Doctor Mehdi Akbartabar turi

Street address
Research Management of Yasuj University of Medical Sciences, Research and Technology Deputy of Yasuj University of Medical Sciences, Shahid Motahary Blvd., Yasuj, Iran

City
Yusuj

Grant name

Grant code / Reference number

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

Title of funding source
Vice chancellor for research, Yasuj 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
Yasuj University of Medical Sciences

Full name of responsible person
Dr. Ardashir Afrasiabifar

Position
Ph.D of Medical Surgical Nursing- Associate Professor

Other areas of specialty/work

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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