Clinical Trial Protocol
Iranian Registry of Clinical Trials

04 Nov 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

nasrin.ghanbarinia@yums.ac.ir

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

Street address

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

City

Yasuj

Postal code

7591994799

Phone

+98 74 3323 5141

Fax

Email

afrasiabifar@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasuj University of Medical Science

Full name of responsible person

Dr Ardeshir Afrasiabifar

Position

Ph.D of Medical Surgical Nursing- Associate Professor

Other areas of specialty/work

Street address

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

City

Yasuj

Postal code

7591994799

Phone

+98 74 3323 5141

Fax

Email

afrasiabifar@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Yasuj University of Medical Science

Full name of responsible person
Nasrin GHanbarinia

Position
MS student of Medical Surgical Nursing

Other areas of specialty/work

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

City
Yasuj

Postal code
7591994799

Phone
+98 47 3323 5141

Fax

Email
nasrin.ghanabarinia@yums.ac.ir
nasringhanbari1393@gmail.com

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