

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jun 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 Akbartabari

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

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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