Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Efficacy of eye movement desensitization and reprocessing and cognitive behavioral therapy on anxiety, depression and quality of life in patients with myocardial infarction in critical care unit

Protocol summary

Summary

Objectives: Comparing the Efficacy of Eye Movement Desensitization and Reprocessing (EMDR) and Cognitive Behavioral Therapy (CBT) on anxiety, depression and quality of life of patients with myocardial infarction. Design: This Study will be a Clinical Trial. Ninety (90) patients with myocardial infarction selected based on the purposive sampling. Patients were randomly divided into two experimental and one control groups (30 patients in each group) Major Inclusion and Exclusion criteria: Myocardial infarction was diagnosed by a cardiologist; hemodynamic stability. Exclusion criteria will be include lack of cooperation with the therapist; and intolerance to treatment method. Intervention: in one experimental group, Eye Movement Desensitization and Reprocessing treatment method will be done individually conduct for each patient in the consultation room within 8 one-hour sessions over a month. in another experimental group, Cognitive Behavioral Therapy method will be done individually conduct for each patient in the consultation room within 10 one-hour sessions over a month. In the control group, patients no receive any special treatment by the investigator. main outcome measures : data will be gather on anxiety, depression and quality of life at pretreatment and posttreatment .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016052428017N2**
Registration date: **2016-09-10, 1395/06/20**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-09-10, 1395/06/20

Registrant information

Name

Mohammad Behnammoghadam

Name of organization / entity

Yasuj University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Yasuj University of Medical Sciences

Expected recruitment start date

2016-04-22, 1395/02/03

Expected recruitment end date

2016-10-18, 1395/07/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of eye movement desensitization and reprocessing and cognitive behavioral therapy on anxiety, depression and quality of life in patients with myocardial infarction in critical care unit

Public title

Efficacy of eye movement desensitization and reprocessing and cognitive behavioral therapy on

anxiety, depression and quality of life in patients with myocardial infarction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Myocardial infarction was diagnosed by a cardiologist; hemodynamic stability; age range between 30 to 60 years old. exclusion criteria: lack of cooperation with the therapist; and intolerance to treatment method.

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomization Will be based on a random numbers table

Secondary Ids

1

Registry name

...

Secondary trial Id

...

Registration date

2017-11-21, 1396/08/30

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Yasuj University of Medical Sciences

Street address

Shahid Motahari Blvd, Yasuj

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Yasuj

Postal code

Approval date

2016-04-08, 1395/01/20

Ethics committee reference number

ir.yums.rec.1395.26

Health conditions studied

1

Description of health condition studied

Myocardial infarction

ICD-10 code

I21

ICD-10 code description

Acute myocardial infarction

Primary outcomes

1

Description

Anxiety

Timepoint

Before and two months after intervention

Method of measurement

The Beck Anxity Inventory

2

Description

Depression

Timepoint

Before and two months after intervention

Method of measurement

The Beck Depression Inventory

Secondary outcomes

1

Description

Quality of life

Timepoint

Before and two months after intervention

Method of measurement

Quality of Life Questionnaire

Intervention groups

1

Description

Intervention group 1: Eye movement desensitization and reprocessing method will be done individually conduct for each patient in the consultation room within 8 one-hour sessions over a month. Intervention group 2: Cognitive Behavioral Therapy will be done individually conduct for each patient in the consultation room within 10 one-hour sessions over a month. Control group:The control group received no intervention.

Category

Behavior

2

Description

The control group received no intervention.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Sajjad Hospital of Yasuj
Full name of responsible person
Mohammad behnammoghadam
Street address
Shahid Jalil Street, Yasuj
City
Yasuj

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Yasuj University of Medical Sciences
Full name of responsible person
Dr. Mousavi
Street address
Shahadat 12, Bagher Khan Blvd, Yasuj
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Yasuj
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 of 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

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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