

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 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

Country

Iran (Islamic Republic of)

Phone

+98 74 3322 5041

Email address

m.behnammoghadam@yums.ac.ir

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

City

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 Anxiety 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

City

Yasuj

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding sourceVice 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****Contact****Name of organization / entity**

Yasuj University Of Medical Sciences

Full name of responsible person

Mohammad behnammoghadam

Position

MSc

Other areas of specialty/work**Street address**

Shahid Motahari Blvd, Yasuj

City

Yasuj

Postal code

7591959497

Phone

+98 74 3322 5041

Fax**Email**

mbehnammoghadam@yahoo.com;

mbehnam1363@gmail.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Yasuj University Of Medical Sciences

Full name of responsible person

Mohammad behnammoghadam

Position

MSc

Other areas of specialty/work**Street address**

Shahadat 12, Bagher Khan Blvd, Yasuj

City

Yasuj

Postal code**Phone**

+98 74 3322 5041

Fax

+98 74 3322 5041

Email

mbehnam1363@gmail.com;

mbehnammoghadam@yahoo.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Yasuj University Of Medical Sciences

Full name of responsible person

Mohammad behnammoghadam

Position

MSc

Other areas of specialty/work**Street address**

Shahadat 12, Bagher Khan Blvd, Yasuj

City

Yasuj

Postal code

7591959497

Phone

+98 74 3322 5041

Fax**Email**

mbehnammoghadam@yahoo.com;

mbehnam1363@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