

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Study of the effect of eye movement desensitization and reprocessing on stress and death anxiety in emergency medical technicians

Protocol summary

Study aim

Reducing stress and death anxiety in medical emergency personnel

Design

In this study, 50 subjects among medical emergency personnel qualified to enter the study are selected. The participants are randomly divided into two groups namely experimental group and control group.

Settings and conduct

Both before and after implementation of the intervention by questionnaire measured stress and anxiety of death and Intervention in a quiet place by techniques Eye Movement Desensitization and Reprocessing (EMDR) is under study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: - The main job is the technician of Emergency Medical Services (EMS). - consented to participation in the study. - earn the highest score of Kalt Leicester's Death Anxiety Scale than the others among the research community. Exclusion criteria: - The absence of difficulties in hearing and vision.

Intervention groups

In the experimental group, the method of Eye Movement Desensitization and Reprocessing (EMDR) is carried out for five consecutive days. In control group no intervention is made.

Main outcome variables

The main result of the study is to determine the amount of stress and death anxiety in medical emergency personnel.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180102038191N1**

Registration date: **2018-03-18, 1396/12/27**

Registration timing: **retrospective**

Last update: **2018-03-18, 1396/12/27**

Update count: **0**

Registration date

2018-03-18, 1396/12/27

Registrant information

Name

Sharif Shahini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-05, 1396/10/15

Expected recruitment end date

2018-01-05, 1396/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study of the effect of eye movement desensitization and reprocessing on stress and death anxiety in emergency medical technicians

Public title

Effect of Eye movement desensitization and reprocessing on Stress and Death anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

The main job is the technician of Emergency Medical Services (EMS) 18 to 55 years old consented to participation in the study Earn a minimum score of 19 on the scale of stress symptoms Earn the highest score of Kalt Leicester's Death Anxiety Scale than the others among the research community

Exclusion criteria:

The absence of difficulties in hearing and vision

Age

From **18 years** old to **55 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

simple randomization using sample randomizer software

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Yasouj University of Medical Sciences

Street address

shahid motahhare Blvd. setade markaziye daneshgah

City

Yasuj

Province

Kohgilouyeh-va-Boyerahmad

Postal code

73617-32648

Approval date

2017-12-30, 1396/10/09

Ethics committee reference number

IR.YUMS.REC.1396.139

Health conditions studied**1****Description of health condition studied**

Stress

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

2**Description of health condition studied**

anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes**1****Description**

The score of Stress Symptom Questionnaire

Timepoint

Measure the amount of stress symptoms before the intervention and immediately after the fifth session of the technique

Method of measurement

. Stress Symptom Scale (SSS)

2**Description**

Colt Leicester's Death Anxiety Score

Timepoint

Before the intervention and after the implementation of the technique on the fifth day

Method of measurement

The Colt Leicester Death Anxiety Inventory

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Participants completed informed consent form, demographic information questionnaire, and severity of stress and death anxiety questionnaires. Before intervention, both groups were tested with intensity of stress and death anxiety questionnaire. Then, the sensitization group with eye movements and re-processing according to the protocol in 5 sessions will be performed sequentially in 45-90 minutes in a quiet room at 115 Emergency Departments affiliated with Yasuj University of Medical Sciences in 1396. Sensitization with eye movement and re-processing includes 8 steps.

Category

Other

2

Description

Control group: in Control group no intervention is made.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical Accident and Emergency Management Center

Full name of responsible person

ali akbare khoram rooz

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Ferdowsi Avenue, Abshar Blvd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Dr. Hossein Mari Ariad

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yasouj University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Sharif shahini

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available