

# 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

+98 71 3672 2814

###### Email address

sharif.shahini@yums.ac.ir

##### 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

##### Street address

Ferdowsi Avenue, Abshar Blvd

##### City

yasuj

##### Province

Kohgilouyeh-va-Boyrahmad

##### Postal code

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##### Phone

+98 74 3334 6079

##### Email

sharif.shahini@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Yasouj University of Medical Sciences

##### Full name of responsible person

Dr. Hossein Mari Ariad

##### Street address

Yasuj University of Medical Sciences, Motahare Blvd

##### City

yasuj

##### Province

Kohgilouyeh-va-Boyrahmad

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##### Email

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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

##### Street address

Motahhare Blvd. Yasuj University of Medical Sciences,  
Bahonar Blvd

##### City

yasuj

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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

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## Person responsible for updating data

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**Other areas of specialty/work**

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**Phone**

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**Fax****Email**

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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