

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

A Comparative Study of the Effect of Video Education and Guided Imagery on the Anxiety in patients before endoscopy

Protocol summary

Study aim

A Comparative Study of the Effect of Video Education and Guided Imagery on the Anxiety in patients before endoscopy

Design

Clinical trials involving control, video education and guided imagery, parallel-group, double-blind, 102 patients were selected and allocated for each permutation blocks grouped together.

Settings and conduct

The study is done in the endoscopic unit of Vasei Hospital in Sabzevar. After participation in the study, patients will be asked to attend one day before endoscopy in hospital and After completing the Spielberg anxiety questionnaire and demographic information, interventions are performed. Repeating on the day of endoscopy, the Spielberg anxiety questionnaire is completed by patients before the procedure and the results are analyzed.

Participants/Inclusion and exclusion criteria

Not having a previous experience of endoscopy; Not having the necessary training before endoscopy; Non-emergency patient's condition for endoscopy

Intervention groups

A video education group that receives a education clip on how to handle the procedure, preparation and patient cooperation one day before endoscopy. Guided imagery group to a guided imagery CD contains statements with headphones relaxing and beautiful scenery imagine a day before endoscopy and endoscopy day before the procedure listen. Control group that receives routine care.

Main outcome variables

Anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180226038867N1**

Registration date: **2018-03-17, 1396/12/26**

Registration timing: **prospective**

Last update: **2018-03-17, 1396/12/26**

Update count: **0**

Registration date

2018-03-17, 1396/12/26

Registrant information

Name

Azam Shamekhi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4465 5097

Email address

shamekhiA95@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-21, 1397/02/01

Expected recruitment end date

2018-07-23, 1397/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A Comparative Study of the Effect of Video Education and Guided Imagery on the Anxiety in patients before endoscopy

Public title

The Effect of Video Education and Guided Imagery on the Endoscopy Anxiety

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Age:18 to 60 years old Have complete satisfaction to participate in research Have at least reading and writing skills Not having previous history of endoscopy Not having a severe illness such as cancer and chronic heart, lung, kidney disease Not having known mental illness and anxiety disorders Lack of Emergency Conditions for Endoscopy No history of drug addiction and alcohol Resident in the city of Sabzevar Not having bad memories from the sea Absence of disturbance in concentration and imagination Not having vision and hearing impairment

Exclusion criteria:

Unwillingness to continue to participate in research Emergency conditions for the patient such as bleeding and tear

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Care provider

Sample size

Target sample size: **102**

Randomization (investigator's opinion)

Randomized

Randomization description

Patient selection method is randomized block permutations and will be assigned to three groups of control (34), one test (34) and two (34) test.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants - Clinical carers

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Sabzevar University of Medical

Sciences

Street address

Asad Abadi Avenue, Central Organization of Sabzevar University of Medical Science

City

Sabzevar

Province

Razavi Khorasan

Postal code

9618834733

Approval date

2018-03-10, 1396/12/19

Ethics committee reference number

IR.MEDSAB.REC.1396.177

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

Patients undergoing endoscopy

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Anxiety based on the score obtained from the Spielberger questionnaire

Timepoint

One day before the endoscopy and endoscopy day before the procedure

Method of measurement

State-Trait Anxiety Inventory Spielberger

Secondary outcomes

empty

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

Intervention group: Video education group, A day before the trial, they will see a 10-minute educational clip with a laptop

Category

Prevention

2**Description**

Intervention group: The guided imagery group listens to the headphones one day before the procedure and day of the procedure to a 20-minute CD of guided imagery.

Category

Prevention

3

Description

Control group: Receive routine care without any special intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Vasei Hospital

Full name of responsible person

Shamekhi Azam

Street address

Tohidshahr Blvd.,Vasei Hospital

City

Sabzevar

Province

Razavi Khorasan

Postal code

9618834733

Phone

+98 51 4465 5097

Email

shamekhiA95@medsab.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Fereshteh Ghorat

Street address

Asadabadi street, the Central University of Medical Sciences

City

Sabzevar

Province

Razavi Khorasan

Postal code

9618834733

Phone

+98 51 4465 5097

Email

ShamekhiA95@medsab.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sabzevar 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

Sabzevar University of Medical Sciences

Full name of responsible person

Azam Shamekhi

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

5,Farhanghan, Farhanghan Ave

City

Sabzevar

Province

Razavi Khorasan

Postal code

9618834733

Phone

+98 51 4465 5097

Fax

Email

shamekhiA95@medsab.ac.ir

Person responsible for scientific inquiries

Contact

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Sabzevar University of Medical Sciences

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

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