

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Comparison of the efficacy of eye movement desensitization and reprocessing procedure and progressive counting technique on anxiety, depression, stress and quality of life in patients undergone coronary artery bypass graft surgery

Protocol summary

Study aim

comparison the efficacy of EMDR procedure and progressive counting technique on anxiety, depression, stress and quality of life in patients undergone coronary artery bypass graft surgery.

Design

60 eligible patients will be selected and randomly assigned to intervention groups including EMDR, PC, and control group. participants will be assigned to each groups after matching them based on their age and gender and designating numbers from 1 to 60. subsequently, using random number selection software each participants will be randomly assigned to one of the three groups.

Settings and conduct

patients will participate in the study who undergone Coronary artery bypass graft , followed by 4 to 6 weeks of recuperation period will be eligible for rehabilitation and will be referred to the heart rehabilitation center of Tehran Heart Center Hospital for completing rehabilitation.

Participants/Inclusion and exclusion criteria

Inclusion criteria are: Samples include patients undergone Coronary artery bypass graft surgery, followed by 4 to 6 weeks of recuperation period will be eligible for rehabilitation, the cut off point of 24 and above in IES- Revised, and not having received any kind of psychological intervention or counseling. Exclusion criteria are: Having sustained angina pectoris, acute phase of myocardial infarction and unstable arrhythmia Education less than diploma

Intervention groups

EMDR :A traumatic memory related to CABG procedure will be selected and reviewed simultaneously by tracing the hand movement of the therapist thereby inducing exposure. Progressive Counting: A traumatic memory

related to CABG procedure will be selected and reviewed simultaneously with progressive counting by the therapist counting from 1 to 100 thereby inducing exposure. Control group: no intervention

Main outcome variables

Emotional signs (anxiety, stress, depression), QOL

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180707040373N1**

Registration date: **2018-07-17, 1397/04/26**

Registration timing: **registered_while_recruiting**

Last update: **2018-07-17, 1397/04/26**

Update count: **0**

Registration date

2018-07-17, 1397/04/26

Registrant information

Name

Mohammad Reza Abdoli Bidhendi

Name of organization / entity

Semnan University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-11, 1397/04/20

Expected recruitment end date

2018-09-11, 1397/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the efficacy of eye movement desensitization and reprocessing procedure and progressive counting technique on anxiety, depression, stress and quality of life in patients undergone coronary artery bypass graft surgery

Public title

The impact of eye movement desensitization and reprocessing and progressive counting on CABG

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

The sample population included patients undergone coronary artery bypass graft surgery who were candidates for cardiac rehabilitation 4 to 6 weeks after surgery. Patients undergone coronary artery bypass grafting that score 24 and above on impact of events scale- revised Not receiving any psychological treatment or counseling before intervention period

Exclusion criteria:

Having sustained angina pectoris, acute phase of myocardial infarction and unstable arrhythmia Education less than diploma Not receiving any psychological treatment or counseling during the intervention period

Age

From **30 months** old to **60 months** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this research participants will be selected using a random sampling method. Participants will be assigned to each groups after matching them based on their age and gender and designating each one of them numbers from 1 to 60. Subsequently, using the Random Number Selection software each participant will be randomly assigned to one of the groups.

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 Semnan University of Medical Science

Street address

Mahdishahr ;Education and psychology faculty of semnan university

City

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Semnan

Postal code

3564111156

Approval date

2018-06-12, 1397/03/22

Ethics committee reference number

IR.SEMUMS.REC.1397.006

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

coronary artery bypass graft surgery

ICD-10 code

I25

ICD-10 code description

Chronic ischemic heart disease

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

Emotional signs

Timepoint

Before and after of Intervention

Method of measurement

Depression Anxiety Stress Scales (DASS-21)

2**Description**

Quality Of Life

Timepoint

Before and after of Intervention

Method of measurement

World Health Organization's Quality Of Life questionnaire (WHOQOL-BREF)

3

Description

Signs of Post Traumatic Stress

Timepoint

Before and after of Intervention

Method of measurement

Impact of Event Scale - Revised

Secondary outcomes

empty

Intervention groups

1

Description

The present study includes 2 types of intervention: 1) Eye Movement Desensitization and Reprocessing; 2) Progressive Counting; and 3) a control group. First, a pretest will be obtained from all 3 groups. Then, intervention that include 6 sessions will be carried out in the 2 experimental groups. Finally, a post test will be taken from all 3 groups. Subsequently, after six months a follow up evaluation will be taken from all three groups.

Category

Treatment - Other

2

Description

Intervention group: Intervention group 2, progressive counting. Progressive counting is a new method of resolving trauma. In this method, the therapist uses progressive counting (1 to 10, then 1 to 20, and so to 100), and at the same time asks client to do the imagination on a traumatic event from the beginning to the end to treat his/her traumatic memory.

Category

Treatment - Other

3

Description

Control group: No intervention, only as control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Heart Center

Full name of responsible person

Nazila Shah Mansouri

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North Kargar-Ave , Tehran-Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University- Faculty of psychology and education

Full name of responsible person

Dr. Parvin Rafieinia

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Web page address

<http://psy.semnan.ac.ir>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Semnan University- Faculty of psychology and education

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Faculty of psychology and education- Semnan University

Full name of responsible person

Mohammad Reza Abdoli Bidhendi

Position

Ph.D. student

Latest degree

Master

Other areas of specialty/work

Psychology

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

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Research findings will be published in scientific journals.

When the data will become available and for how long

The documentation and research results are likely to be published in 2018-2019.

To whom data/document is available

The full research document will be available in Semnan University, faculty of Psychology and education.

Research results will be available to researchers as an article and book.

Under which criteria data/document could be used

Using the results of the study, mentioning the number of participants in the study, the type of population and the research sample, as well as mentioning the interventions allowed.

From where data/document is obtainable

Semnan University, faculty of psychology and education, Information and Documentation Center of Iran (IranDoc)

Or sending a message to researcher:

mrbidhendi@yahoo.com

What processes are involved for a request to access data/document

Visiting the IranDoc center or Semnan University Library

Or one week after sending email to the writer

Comments