Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Jun 2026

The effect of Eye Movement Desensitization and Reprocessing on anxiety, ,depression,stress and hemodynamic parameters in patients undergoing Coronary Artery Bypass Graft (CABG)

Protocol summary

Study aim

Determining the effect of EMDR on anxiety, depression ,stress and hemodynamic parameters in patients undergoing CABG.

Design

90 eligible patients included in the study through available sampling, after a thorough explanation of the objectives of the study and informed consent, They were by the randomly blocks method assigned into two groups of control (n = 45) and intervention (n = 45).

Settings and conduct

The present study aimed to evaluate the efficacy of EMDR on anxiety, depression,stress and hemodynamic parameters in patients undergoing CABG and will be referred to the Shahid Rajaei, Educational Center.

Participants/Inclusion and exclusion criteria

Inclusion criteria:The sample population included patients undergone CABG who were candidates for surgery one week before intervention, Not receiving any psychological treatment or counseling before intervention period. Exclusion criteria: Having sustained stable angina, acute phase of myocardial infarction and unstable arrhythmia, Having Cognitive impairment , Visual disturbances and strabismus

Intervention groups

Intervention group: EMDR method will be done individually conduct for each patient in the consultation room within 2 sessions 30-45 minutes before the surgery . The patient following the rapid movements of the therapist's finger with rapid eye movement. The therapist's finger is about 30 cm far from the eyes of the subject and moved from right to left and vice versa in the patient's field of vision. This move included two rounds to the sides in one second, which is a cycle, and each 12-24 cycles are a set.The process is repeated to the extent that the levels of mental disorientation units are zero or minimized. In the final session, the Depression, Anxiety and Stress Questionnaire will be completed again. The control group :receive no intervention

Main outcome variables

Anxiety؛ Depression؛Stress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171223038015N1**
Registration date: **2020-02-29, 1398/12/10**
Registration timing: **retrospective**

Last update: **2020-02-29, 1398/12/10**
Update count: **0**

Registration date

2020-02-29, 1398/12/10

Registrant information

Name

Fatemeh Rahimi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 26 3457 0030

Email address

frahimi@abzums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2018-11-22, 1397/09/01

Actual recruitment start date
2017-09-23, 1396/07/01
Actual recruitment end date
2018-12-21, 1397/09/30
Trial completion date
2018-12-21, 1397/09/30

Scientific title
The effect of Eye Movement Desensitization and Reprocessing on anxiety, ,depression,stress and hemodynamic parameters in patients undergoing Coronary Artery Bypass Graft (CABG)

Public title
The effect of Eye Movement Desensitization and Reprocessing in patients undergoing Coronary Artery Bypass Graft (CABG)
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Undergoing non-emergency open heart surgery for the first time one week before intervention Not receiving any psychological treatment or counseling before intervention period Patient's willingness to participate in the study
Exclusion criteria:
Having sustained stable angina, acute phase of myocardial infarction and unstable Arrhythmia Having Cognitive impairment Visual disturbances and strabismus
Age
From **18 years** old to **70 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **90**
Actual sample size reached: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple randomization
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 Alborz University of Medical Sciences
Street address
No.9,North Yasaman St,East Pone Ave,Dara Town
City
karaj
Province
Alborz
Postal code
3197635141
Approval date
2017-07-24, 1396/05/02
Ethics committee reference number
Abzums.Rec.1396.72

Health conditions studied

1

Description of health condition studied
anxiety
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Depression
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Anxiety
Timepoint
Before and after the intervention and after CABG
Method of measurement
anxiety and depression scale (HADS)

2

Description
stress
Timepoint
Before and after the intervention and after CABG
Method of measurement
stress scale(DASS21)

Secondary outcomes

empty

Intervention groups

1

Description
"Intervention group": EMDR method will be done individually conduct for each patient in the consultation room within 2 sessions 30-45 minutes before the surgery . The patient following the rapid movements of the therapist's finger with rapid eye movement. The therapist's finger is about 30 cm far from the eyes of the subject and moved from right to left and vice versa in the patient's field of vision. This move included two rounds to the sides in one second, which is a cycle, and each 12-24 cycles are a set.The process is repeated to the extent that the levels of mental disorientation units are zero or minimized. In the final session, the Depression, Anxiety and Stress Questionnaire will be completed again.

Category
Treatment - Other

2

Description
Control group: receive no intervention and only complete depression, anxiety, and stress questionnaires in the first and last sessions of the study.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Rajaei , Educational & Medical Center

Full name of responsible person
Fatemeh Rahimi

Street address
Shahid Rajaei St,Shahid Beheshti Ave,Shahid Rajaei Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Karaj University of Medical Sciences

Full name of responsible person
Dr Mohamad Noorisepehr

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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
Karaj 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
Karaj University of Medical Sciences

Full name of responsible person
Fatemeh Rahimi

Position
Critical Care Nursing

Latest degree
Master

Other areas of specialty/work
In Critical Care Nursing (BScN,MScN) Clinical Research Development Unit

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Person responsible for scientific inquiries

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Other areas of specialty/work
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Person responsible for updating data

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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
Not applicable
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
Not applicable
Data Dictionary
Not applicable