

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The Effectiveness of eye movement desensitization and reprocessing on Improving Post-Traumatic Psychological Symptoms in Children and Adolescents, 6-18 Years Old, Surviving Earthquake

Protocol summary

Study aim

Determination of the Effectiveness of eye movement desensitization and reprocessing on Improving Post-Traumatic Psychological Symptoms in Children and Adolescents, 6-18 Years Old, Surviving Earthquake

Design

Clinical trial with control group, One-way blind, randomized

Settings and conduct

This study will be conducted in Kermanshah and Sarpol Zahab. Patients receive individualized weekly eye movement desensitization and reprocessing sessions. The duration of each session is 90 minutes. Two months after the intervention, the subjects will be re-evaluated during the follow-up period. In order to evaluate the effects of treatment, the subjects were evaluated one week before the end of the intervention, one week after, and two months after this period. This intervention is done by a qualified psychologist.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having post-traumatic stress disorder (PTSD, depression, anxiety and behavioral problems)/ Children and adolescents aged 6-18 years/ consent of the child, adolescents and their parents in the research.
Exit criteria: Incomplete questionnaires/ Failure to attend two or more counseling sessions.

Intervention groups

Intervention group: 17 participants will receive EMDR, which is an 8-step information processing therapy that utilizes many of the empirical pathological factors discussed. Control group: 17 participants who will receive the protocol of the Ministry of Health.

Main outcome variables

PTSD, depression, anxiety, behavioral problems

General information

Reason for update

Acronym

EMDR

IRCT registration information

IRCT registration number: **IRCT20180421039369N3**

Registration date: **2019-09-30, 1398/07/08**

Registration timing: **prospective**

Last update: **2019-09-30, 1398/07/08**

Update count: **0**

Registration date

2019-09-30, 1398/07/08

Registrant information

Name

Nasrin Jaberghaderi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3427 4622

Email address

nasrin.jaberghaderi@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-10-22, 1398/07/30

Expected recruitment end date

2020-01-20, 1398/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of eye movement desensitization and reprocessing on Improving Post-Traumatic Psychological Symptoms in Children and Adolescents, 6-18 Years Old, Surviving Earthquake

Public title

The Effectiveness of eye movement desensitization and reprocessing on Improving Post-Traumatic Psychological Symptoms in Children and Adolescents, 6-18 Years Old, Surviving Earthquake

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Having post-traumatic stress disorder (PTSD, depression, anxiety and behavioral problems) Children and adolescents aged 6-18 years Referred to psychological centers and hospitals for post-traumatic stress disorder consent of the child, adolescents and their parents in the research Fluent in Persian Not Developing medical conditions that are simultaneously with post-traumatic stress disorder Not Developing Symptoms of psychosis and delusions Not Consuming Psychiatric drugs, and psychotropic substances, narcotics and alcohol

Exclusion criteria:

Incomplete questionnaires Failure to attend two or more counseling sessions

Age

From **6 years** old to **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

After making the necessary adjustments among the referrals, 34 individuals will be selected by purposive sampling and then will be randomly assigned to number 1 and 2 individually (by hat), each code number of a group. Then 17 participants will be randomly assigned to the group receiving the EMDR (experimental group) intervention and 17 participants will be randomly assigned to the group that received the intervention protocol in the Ministry of Health (control group).

Blinding (investigator's opinion)

Single blinded

Blinding description

Unilateral blinding will be performed by independent and trained evaluators who are two clinical psychology MA students without evaluating the type of intervention and treatment subjects.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Kermanshah University of Medical Sciences

Street address

Central Building of Kermanshah University of Medical Sciences, Shahid Beheshti Blvd, Kermanshah

City

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Province

Kermanshah

Postal code

6715847141

Approval date

2019-07-08, 1398/04/17

Ethics committee reference number

IR.KUMS.REC.1398.410

Health conditions studied

1

Description of health condition studied

Post traumatic psychological symptoms

ICD-10 code

F43.1

ICD-10 code description

Post-traumatic stress disorder (PTSD)

Primary outcomes

1

Description

Post traumatic psychological symptoms

Timepoint

A week before the intervention, after the intervention, two months after the intervention

Method of measurement

Child Behavior Checklist (Achenbach)(ASEBA)/ Maria Kovas Depression Inventory (CDI)/ Revised Reynolds and Richmond Children's Anxiety Scale (RCMAS) /Trauma Symptoms Checklist for Children (TSCC-A) /PTSD Assessment Scale for Clinicians (CAPS-CA) / Anxiety and Depression Scale for Children (RCADS)

Secondary outcomes

1

Description

Post Traumatic Stress Disorder (PTSD)

Timepoint

A week before the intervention, after the intervention, two months after the intervention

Method of measurement

Trauma Symptoms Checklist for Children (TSCC-A) /PTSD Assessment Scale for Clinicians (CAPS -CA)

2

Description

Depression

Timepoint

A week before the intervention, after the intervention, two months after the intervention

Method of measurement

Maria Kovas Depression Inventory (CDI)/ Anxiety and Depression Scale for Children (RCADS)

3

Description

Anxiety

Timepoint

A week before the intervention, after the intervention, two months after the intervention

Method of measurement

Anxiety and Depression Scale for Children (RCADS) / Revised Reynolds and Richmond Children's Anxiety Scale (RCMAS)

4

Description

behavioral problems

Timepoint

A week before the intervention, after the intervention, two months after the intervention

Method of measurement

Behavior Checklist (Achenbach)(ASEBA)

Intervention groups

1

Description

Intervention group: The intervention group will receive desensitization treatment through eye movements and reprocessing. Eye movement desensitization and reprocessing (EMDR) is an eight-step information processing treatment that examine many empirical pathological factors. The past experiences are used as the fundamental basis in this treatment. It assesses pathology and examines present situations that trigger unpleasant emotions. Additionally, this treatment evaluates the positive beliefs, emotions and experiences needed for future mental health and normal behaviors. This treatment is a short-term trauma-based treatment approach for post-traumatic stress disorder, originally designed for PTSD. The main feature of this approach is

that the patient keeps a distressing image of the trauma in mind while engaging in a series of involuntary eye movements.

Category

Behavior

2

Description

The control group will receive the Crisis Intervention Protocol.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Kermanshah University of Medical Sciences

Full name of responsible person

Sajjad Reisi

Street address

Faculty of Medicine, Imam Reza Hospital, Shahid Shiroudi Blvd, Kermanshah

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Farid Najafi

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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

Kermanshah 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**

Kermanshah University of Medical Sciences

Full name of responsible person

Sajjad Reisi

Position

Msc student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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

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Position

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Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for updating data**Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

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Nasrin Jaberghaderi

Position

Assistant Professor

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Ph.D.

Other areas of specialty/work

Psychology

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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

There is no more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available