Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
Kermanshah

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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farid_n32@yahoo.com
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 updating data

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Position
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Other areas of specialty/work
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n_jaberghaderi@yahoo.com

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