

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The effect of virtual reality technology (VR) on reduction of anxiety caused by fear of Height (acrophobia) in students of Birjand University of Medical Sciences

Protocol summary

Study aim

Determining the effect of virtual reality technology on anxiety caused by fear of heights (acrophobia) in Birjand University of Medical Sciences students

Design

Clinical trial with control group, with parallel groups, random, on 120 patients using randomizer software.

Settings and conduct

This study will be conducted in the summer of 2020 at Birjand University of Medical Sciences.

Participants/Inclusion and exclusion criteria

The criteria for entering a study for patients include: 1) Diagnosis of acrophobia based on the criteria for diagnosis of DSM V 2) A maximum of 6 months have elapsed since the onset of the disease. 3) Absence of any other mental illness in the patient. Medicine Criteria for not entering the study for patients are: 1) Pregnancy 2) Current drug or psychiatric treatment or within three months before the start of the study 3) Cardiovascular or neurological diseases 4) Stereoscopic visual impairment 5) Severe aphthous disorder 6) Severe psychiatric disorder. 7) Dissatisfaction with continuing to study.

Intervention groups

A number enter the study, and after a height encounter, through virtual reality glasses, the Beck Anxiety Questionnaire and the Fearful Height Questionnaire are performed as a pre-test on all of these individuals, and after collecting the questionnaires, the case group In 8 30-minute sessions over 4 weeks, panoramic virtual reality videos from high-altitude locations And the control group will complete the Beck Anxiety Inventory and the researcher-made Fear of Height Questionnaire at the beginning of the post-exposure to height through virtual reality glasses, and will complete the questionnaire once at the end of the study without intervention.

Main outcome variables

Fear of heights, acrophobia, anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200619047830N1**

Registration date: **2020-07-28, 1399/05/07**

Registration timing: **retrospective**

Last update: **2020-07-28, 1399/05/07**

Update count: **0**

Registration date

2020-07-28, 1399/05/07

Registrant information

Name

Seyyedreza Sajjadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 56 3239 5000

Email address

seyyedrezasajjadi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-04-01, 1399/01/13

Expected recruitment end date

2020-06-21, 1399/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of virtual reality technology (VR) on reduction of anxiety caused by fear of Height (acrophobia) in students of Birjand University of Medical Sciences

Public title

The effect of virtual reality technology on reduction of anxiety caused by acrophobia

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosis of acrophobia based on DSM V diagnostic criteria At most 6 months have passed since the onset of the disease Absence of any other mental illness in the patient Lack of common pharmacological and non-pharmacological treatments

Exclusion criteria:

Pregnancy Current pharmacological or psychiatric treatment or within three months before the start of the study Cardiovascular or neurological diseases Stereoscopic vision impairment Severe hearing loss Severe psychiatric disorder Dissatisfaction with continuing to study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 120

Randomization (investigator's opinion)

Randomized

Randomization description

Using a simple randomization method using randomizer software

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 Birjand University of Medical Sciences

Street address

Moallem Blvd, birjand university of medical sciences

City

Birjand

Province

South Khorasan

Postal code

9717953577

Approval date

2020-06-10, 1399/03/21

Ethics committee reference number

IR.BUMS.REC.1399.088

Health conditions studied

1

Description of health condition studied

acrophobia, anxiety

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Anxiety score in Beck questionnaire

Timepoint

Before the intervention, immediately after the intervention and one month after the intervention

Method of measurement

Beck Anxiety Questionnaire

2

Description

Height fear scores in the acrophobia questionnaire

Timepoint

Before the intervention, immediately after the intervention and one month after the intervention

Method of measurement

acrophobia questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In eight 30-minute sessions, the group will be confronted with eight panoramic virtual reality videos from high-altitude locations over four weeks, including the roofs of tall buildings, the balcony of the building, the flyover and the parachute flight via virtual reality glasses.

Category

Prevention

2

Description

Control group: They did not intervene.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Birjand University of Medical Sciences

Full name of responsible person

Seyyedreza sajjadi

Street address

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

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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

Birjand University of Medical Sciences

Proportion provided by this source

30

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

Birjand University of Medical Sciences

Full name of responsible person

Seyyedreza sajjadi

Position

medical student

Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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Person responsible for scientific inquiries

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Latest degree

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Person responsible for updating data

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Contact

Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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Fax**Email**

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