

# 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**

Moallem Blvd

**City**

Birjand

**Province**

South Khorasan

**Postal code**

9717853577

**Phone**

+98 56 3239 5000

**Email**

seyyedrezasajjadi@gmail.com

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Birjand University of Medical Sciences

**Full name of responsible person**

tooba kazemi

**Street address**

Moallem Blvd

**City**

Birjand

**Province**

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**Phone**

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drtooba.kazemi@gmail.com

**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**

**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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**Email**

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## Person responsible for updating data

seyyedrezasajjadi@gmail.com

### Contact

**Name of organization / entity**

Birjand University of Medical Sciences

**Full name of responsible person**

Seyyedreza Sajjadi

**Position**

Student

**Latest degree**

Medical doctor

**Other areas of specialty/work**

General Practitioner

**Street address**

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**Postal code**

9717853577

**Phone**

+98 56 3239 5000

**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