

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effects of guided imagery on anxiety, muscle pain and vital signs in patients with COVID-19 hospitalized in Taleghani Hospital and temporary housing in Urmia, 2020

Protocol summary

Study aim

Determining the effect of guided mental imagery on anxiety, muscle pain and vital signs in patients with Covid-19

Design

The selected samples will be divided into two groups of intervention and control by simple random sampling. The Envelope cards method will be used to win 110 cards, and the letter G (intervention group with guided mental imagery) and 55 letters C (control group) will be written on 55 cards. The cards will be then mixed together and one of the cards will be randomly selected by the patient and according to the writing on the cards, will be placed in one of two groups. Baseline data including demographic characteristics, vital signs and SPO2% of patients will be obtained in the first session and questionnaires of anxiety and severity and quality of pain in both intervention and control groups will be filled by patients.

Settings and conduct

This study is a clinical trial and research environment is Taleghani hospital in Urmia.

Participants/Inclusion and exclusion criteria

Should be positive for covid-19 with PCR test;
Satisfaction to participate in the study; Age: between 18 and 60 years; SPO2% > 93%.

Intervention groups

Intervention group: a guided mental imaging protocol will be performed under the supervision of a psychiatrist.
Control group: routine care in the ward.

Main outcome variables

Level of anxiety; Quality and severity of pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20131112015390N5**

Registration date: **2020-09-26, 1399/07/05**

Registration timing: **retrospective**

Last update: **2020-09-26, 1399/07/05**

Update count: **0**

Registration date

2020-09-26, 1399/07/05

Registrant information

Name

Naser Parizad

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-05-21, 1399/03/01

Expected recruitment end date

2020-06-09, 1399/03/20

Actual recruitment start date

2020-06-15, 1399/03/26

Actual recruitment end date

2020-07-08, 1399/04/18

Trial completion date

2020-08-10, 1399/05/20

Scientific title

Effects of guided imagery on anxiety, muscle pain and

vial signs in patients with COVID-19 hospitalized in Taleghani Hospital and temporary housing in Urmia, 2020		Ethics committee of Urmia University of Medical Sciences	
Public title		Street address	
Effects of guided imagery on anxiety, muscle pain and vial signs in patients with COVID-19		Resalet Boulevard, Emergency kooy	
Purpose		City	
Education/Guidance		Urmia	
Inclusion/Exclusion criteria		Province	
Inclusion criteria:		West Azarbaijan	
The sample should be positive for covid-19 with PCR test. Be between 18 and 60 years old. Allow the treating physician to intervene. The sample must be alert and oriented. Be able to speak Persian. Willingness to participate in the study with complete satisfaction.		Postal code	
Exclusion criteria:		5714783734	
The sample have a history of mental illness and a previous history of Covid-19. SPO2% < 93%		Approval date	
Age		2020-06-02, 1399/03/13	
From 18 years old to 60 years old		Ethics committee reference number	
Gender		IR.UMSU.REC.1399.102	
Both		Health conditions studied	
Phase		1	
N/A		Description of health condition studied	
Groups that have been masked		COVID-19	
No information		ICD-10 code	
Sample size		U07.1	
Target sample size: 110		ICD-10 code description	
Actual sample size reached: 96		COVID-19, virus identified	
Randomization (investigator's opinion)		Primary outcomes	
Randomized		1	
Randomization description		Description	
The selected samples will be divided into two groups of intervention and control by simple random sampling with random allocation. The Envelope cards method will be used to win 110 cards and write the letter G (55 on the intervention group with guided mental imagery) and the other 55 on the letter C (control group). Then the cards are mixed together and at the patient's bedside, one of the cards is randomly selected by the patient and according to the writing on the cards, they will be placed in one of two groups.		Anxiety Scale in Spielberger's Hidden and Obvious Anxiety Scale Questionnaire	
Blinding (investigator's opinion)		Timepoint	
Not blinded		Measuring anxiety in the first session (before the intervention) and then After completing the guided mental imagery training sessions on the fifth day	
Blinding description		Method of measurement	
Placebo		Spielberger's Hidden and Obvious Anxiety Scale Questionnaire	
Not used		2	
Assignment		Description	
Parallel		Pain Quality Score on the McGill Pain Questionnaire	
Other design features		Timepoint	
		Measuring quality of pain in the first session (before the intervention) and then After completing the guided mental imagery training sessions on the fifth day	
		Method of measurement	
		McGill Pain Questionnaire	
Secondary Ids		3	
empty		Description	
		Pain intensity score on the Visual Analog Scale	
Ethics committees		Timepoint	
1		Measuring pain intensity in the first session (before the intervention) and then After completing the guided mental imagery training sessions on the fifth day	
Ethics committee		Method of measurement	
Name of ethics committee		Visual Analog Scale	

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the intervention group, a guided mental imaging protocol will be performed under the supervision of a psychiatrist. In the intervention group, in parallel with routine care, for each sample, 10 sessions of guided mental imaging methods were performed for five consecutive days, twice a day; It will be performed once in the morning from 9:00 to 9:30 and once in the evening from 18:00 to 18:30 in the patient's room. During each session, the patient listens for about 25 minutes to the headphone-guided mental imagery training mp3 file, and according to the sentences that will be played, closes his eyes, takes a deep breath, and relaxes his muscles to relax completely. It is then directed to the relevant imagery using the power of the mind and imagination.

Category

Behavior

2

Description

Control group: There is no intervention in the control group and they will continue the treatment process based on routine care in the ward.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatollah Taleghani Educational and Medical Center in Urmia

Full name of responsible person

Naser Parizad

Street address

Kashani St., in front of Takhti Sports Complex, Ayatollah Taleghani Hospital, Urmia

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parizad.n@umsu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Naser Parizad

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Resalet Boulevard, Emergency Cui

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Urmia

Province

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Grant name

School of Nursing and Midwifery, Urmia University of Medical Sciences

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Oroumia 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

Oroumia University of Medical Sciences

Full name of responsible person

Naser Parizad

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Naser Parizad

Position

Assistant Professor

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Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Yes - There is 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

Title and more details about the data/document

Data related to the main outcome of the study will be shared.

When the data will become available and for how long

Data access will begin three months after the results are published.

To whom data/document is available

All researchers and practitioners in the field can access the results.

Under which criteria data/document could be used

Anyone can access the results by pointing to the source used.

From where data/document is obtainable

People can access data from reputable databases that publish results.

What processes are involved for a request to access data/document

Searching for the main outcome of the research or the researchers conducting the research after publishing the results in valid databases

Comments