

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The Effect of Eye Movements Desensitization and Reprocessing on Guilt Feeling , Depression of Parents of Children with Autism Disorder

Protocol summary

Study aim

Comparison of guilt and depression of parents with children with autism before and after desensitization with eye movements and reprocessing (EMDR), using finger movements and using the elite mobile health program in the experimental and control groups. Comparison of guilt and depression of parents with children with autism before and after desensitization with eye movements and reprocessing in the two experimental groups.

Design

The clinical trial has two intervention groups and one control group in parallel. 90 people are randomly selected and placed in experimental and control groups (30 people in each group) using permutation blocks and software.

Settings and conduct

Desensitization with eye movements and reprocessing is performed in experimental groups in 3 sessions of 60 minutes. The desensitization of both experimental groups is the same in all but the fourth stage. In the fourth stage of experimental group 1, rapid and simultaneous movement of the therapist's finger is used, and in experimental group 2, the elite mobile health program is used. The study is performed at the Autism Center affiliated to Hamadan University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Be literate; Do not have psychiatric illnesses; Only has one child with a definitive diagnosis autism spectrum disorder; There is no other disabled child in the family; Have visual health

Intervention groups

In this study, the technique of desensitization through eye movement and reprocessing (EMDR), which is used to treat some disorders and mental problems, is used.No intervention is performed for the control group.

Main outcome variables

Guilt feeling; Depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170411033378N8**

Registration date: **2020-11-18, 1399/08/28**

Registration timing: **registered_while_recruiting**

Last update: **2020-11-18, 1399/08/28**

Update count: **0**

Registration date

2020-11-18, 1399/08/28

Registrant information

Name

Efat Sadeghian

Name of organization / entity

Hamedan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 0150

Email address

sadeghian_e@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-10-22, 1399/08/01

Expected recruitment end date

2021-03-19, 1399/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Eye Movements Desensitization and Reprocessing on Guilt Feeling , Depression of Parents of Children with Autism Disorder

Public title

Eye Movements Desensitization and Reprocessing on Guilt Feeling , Depression

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Be literate Do not have psychiatric illnesses Only has one child with a definitive diagnosis autism spectrum disorder There is no other disabled child in the family Have visual health

Exclusion criteria:

Absence from more than two consecutive sessions during the intervention Lack of cooperation during the treatment session

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

First, 90 parents of children with autism are selected according to the inclusion criteria. Then, for random allocation, 15 blocks of 6 AABBC, AABCBC, AACBCB, ABCABC, BABCAC, ACBBCA will be prepared and placed in envelopes. In order of entry of the parents, one of the envelopes was selected at random and based on the obtained block, 6 patients will be assigned to three groups.

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 Hamadan University of Medical Sciences

Street address

Hamadan University of Medical Sciences., in front of People's Park, Shahid Fahmideh Blvd., Hamadan., Iran.

City

Hamadan

Province

Hamadan

Postal code

6517838736

Approval date

2020-08-22, 1399/06/01

Ethics committee reference number

IR.UMSHA.REC.1399.487

Health conditions studied

1

Description of health condition studied

Autism

ICD-10 code

F84.0

ICD-10 code description

Autistic disorder

Primary outcomes

1

Description

Guilty score

Timepoint

Before the intervention, immediately after the intervention and 30 days after the intervention

Method of measurement

The Kogler and Jones guilt questionnaire

Secondary outcomes

1

Description

Depression score

Timepoint

Before the intervention, immediately after the intervention and 30 days after the intervention

Method of measurement

Short Form Back Depression Inventory

Intervention groups

1

Description

Intervention group: Intervention group 1: Desensitization technique through eye movement and reprocessing (EMDR) includes 8 steps: 1- History 2- Preparation 3- Evaluation 4- Desensitization using rapid and simultaneous movement of the therapist's finger 5 - Cognitive reconstruction or stabilization 6- Physical scan

7- Closing the session 8- Re-evaluation. Intervention group 2: Eye movement desensitization and reprocessing (EMDR) technique includes 8 steps: 1- History 2- Preparation 3- Evaluation 4- Desensitization using Elite mobile health program 5- Cognitive reconstruction or stabilization 6 - Physical scan 7- Closing the session 8- Re-evaluation.

Category

Behavior

2

Description

Control group: Does not receive any intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Hamadan autism disorder center

Full name of responsible person

Efat Sadeghian

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Hamadan University of Medical Sciences., in front of People's Park, Shahid Fahmideh Blvd., Hamadan., Iran.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr.Saeid Bashirian

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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

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Efat Sadeghian

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

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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

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

Undecided - It is not yet known if there will be 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