

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jul 2026

Evaluation of the efficacy of virtual reality in acrophobia treatment

Protocol summary

Study aim

Determining the efficacy of virtual reality software produced by Daj-scientific Corporation in acrophobia treatment

Design

Clinical trial with no control or parallel groups, no randomization and blinding, with only one intervention group

Settings and conduct

After diagnosis of acrophobia by a psychiatrist, 21 male and female patients referring to Ibn Sina hospital will be assigned to one group with an age range of 18 to 65. Treatment begins with the virtual reality technique using the software produced by Daj-scientific Corporation for eight 45-minute sessions once a week for 8 weeks. Before the treatment, on session 4, and at the end of the treatment, the State-Trait Anxiety Inventory (STAI) will be administered. There is no blinding in this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients who have acrophobia according to the diagnostic interview based on the checklist of symptoms in DSM-5; patients have symptoms of acrophobia for at least the past six months; patients are between 18 to 65 years old. Exclusion criteria: Addiction to alcohol or drugs; major psychological disorder

Intervention groups

In the intervention group, after diagnosis of acrophobia by a psychiatrist, male and female patients are treated with a virtual reality technique using the software produced by Daj-scientific Corporation for eight 45-minute sessions once a week for 8 weeks. Before the treatment, on session 4, and at the end of the treatment, the State-Trait Anxiety Inventory (STAI) will be administered

Main outcome variables

Anxiety level

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20101130005280N40**

Registration date: **2021-08-25, 1400/06/03**

Registration timing: **registered_while_recruiting**

Last update: **2021-08-25, 1400/06/03**

Update count: **0**

Registration date

2021-08-25, 1400/06/03

Registrant information

Name

Raheleh Nejati

Name of organization / entity

Mashhad University of Medical Sciences, Ibn-e- Sina Psychiatric Hospital

Country

Iran (Islamic Republic of)

Phone

+98 51 3711 2540

Email address

nejatir2@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-08-23, 1400/06/01

Expected recruitment end date

2021-10-23, 1400/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the efficacy of virtual reality in acrophobia treatment

Public title

Effect of virtual reality on acrophobia treatment

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients who have acrophobia according to the diagnostic interview based on the checklist of symptoms in DSM-5 Patients have symptoms of acrophobia for at least the past six months. Patients are between 18 to 65 years old

Exclusion criteria:

Addiction to alcohol or drugs Major psychological disorder

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **21**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Mashhad University of Medical Sciences

Street address

Daneshgah street, Ghoreishi building

City

Mashhad

Province

Razavi Khorasan

Postal code

91778-99191

Approval date

2019-10-08, 1398/07/16

Ethics committee reference number

IR.MUMS.MEDICAL.REC.1398.793

Health conditions studied**1****Description of health condition studied**

Acrophobia

ICD-10 code

F40.241

ICD-10 code description

Acrophobia

Primary outcomes**1****Description**

Anxiety level

Timepoint

At the beginning of the intervention, week 4 , and at the end of the intervention

Method of measurement

The State-Trait Anxiety Inventory (STAI)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: After diagnosis of acrophobia by a psychiatrist, male and female patients are treated with a virtual reality technique using the software produced by Daj-scientific Corporation for eight 45-minute sessions once a week for 8 weeks. Before the treatment, on session 4, and at the end of the treatment, the State-Trait Anxiety Inventory (STAI) will be administered. The topics covered in each session are as follows. Session 1: getting familiar with the goals and rules of treatment sessions, teaching relaxation techniques, showing photos taken from high locations. Session 2: showing videos of a glass elevator as if the patient is sitting in it and it is at the ground floor and teaching patients relaxation techniques such as breathing techniques. Sessions 3 to 7: showing videos of a glass elevator in which the person is sitting and it goes up to the upper floors of high-rise buildings. In each session according to the progress of treatment, the elevator goes higher and the patient is asked to look at the surroundings and look down and then the patient returns to the ground. Patients are taught relaxations techniques in each session. From the fourth or fifth session onwards, exercises at home such as going to the elevator, or different heights such as the first floor of the building, etc. are given to evaluate the treatment. Session 8: Combining the extremist forms of all the steps performed in the last 7 sessions, and calming the patient.

Category

N/A

Recruitment centers1**Recruitment center****Name of recruitment center**

Ibn Sina Hospital

Full name of responsible person

Ali Talaei

Street address

Ibn Sinal Hospital, Horre Ameli boulevard, Bu Ali Square

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talaeia@mums.ac.ir

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Mohsen Tafaghodi

Street address

Central Building of Mashhad University of Medical Sciences (Ghorshi), Daneshgah 16, Daneshgah street

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ramresearch@mums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mashhad 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**

Mashhad University of Medical Sciences

Full name of responsible person

Sahar Saadat

Position

resident

Latest degree

Medical doctor

Other areas of specialty/work

Psychiatrics

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Dr Ali Talaei

Position

Professor

Latest degree

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Person responsible for updating data

Contact

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Full name of responsible person

Sahar Saadat

Position

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Latest degree

Medical doctor

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All data can be shared after patients are made unidentifiable.

When the data will become available and for how long

Data can be accessible 6 months after results are published.

To whom data/document is available

Data will be available for researchers in universities and other scientific institutes.

Under which criteria data/document could be used

Carrying out analysis on data is permitted.

From where data/document is obtainable

Data can be accessible through an email to the corresponding author (Dr Sahar Saadat. Email:saadats961@mums.ac.ir).

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

After sending a request email to the corresponding author, data will be sent in 1 month.

Comments