Clinical Trial Protocol
Iranian Registry of Clinical Trials

23 Sep 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 between18 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 Scinces, 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 arebetween 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 centers

1

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
City
Mashhad
Province
Razavi Khorasan
Postal code
91959 83134
Phone
+98 51 3711 2709
Email
talaeia@mums.ac.ir

Sponsors / Funding sources

1

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
City
Mashhad
Province
Razavi Khorasan
Postal code
9177899191
Phone
+98 51 3841 2081
Email
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
Street address
Ibn Sinal Hospital, Horre Ameli boulevard, Bu Ali Square
City
Mashhad
Province
Razavi Khorasan
Postal code
91959 83134
Phone
+98 51 3711 2709
Email
sadats961@mums.ac.ir

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
Specialist
Other areas of specialty/work
Psychiatrics
Street address
Ibn-e-Sina psychiatric Hospital, Horre ameli avenue, Boo Ali square
City
Mashhad
Province
Razavi Khorasan
Postal code
9195983134
Phone
+98 51 3711 2721
Email
talaeia@mums.ac.ir

Person responsible for updating data

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

Street address
Ibn Sinal Hospital, Horre Ameli boulevard, Bu Ali Square

City
Mashhad

Province
Razavi Khorasan

Postal code
91959 83134

Phone
+98 51 3711 2709

Email
saadats961@mums.ac.ir

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