

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Evaluation of the effect of desensitization with eye movements and reprocessing on anxiety, hemodynamic parameters and duration of hospitalization in patients with COVID-19

#### Protocol summary

##### Study aim

Determining the effect of desensitization with eye movements and reprocessing on anxiety, hemodynamic indices and duration of hospitalization of patients with COVID 19 in Shahid Dr. Jalil Yasuj Medical Center in 2021

##### Design

Clinical trial with control group, simple randomized, on 90 patients

##### Settings and conduct

90 eligible patients with COVID-19 will be admitted to Shahid Jalil Hospital in Yasuj. Patients will be randomly divided into intervention and control groups. The amount of hemodynamic indicators will be recorded at the beginning of the study with a cardiopulmonary monitoring device. Before the intervention, both groups will be tested with the above questionnaires. Then, the desensitization group will be performed with eye movements and reprocessing according to the protocol in 3 sessions daily for 45-90 minutes in the patient's room in the company hospital. Both intervention and control groups will prescribe drugs prescribed by the doctor in accordance with standard protocols. They will receive Covid-19 treatment. However, no psychotherapy intervention will be performed on the control group during the research. The level of anxiety and hemodynamic indicators will be recorded at the end of each session.

##### Participants/Inclusion and exclusion criteria

Age between 18 to 65 years old; patients with COVID-19 who are PCR positive; having several clinical signs; does not have a specific disease

##### Intervention groups

The intervention group will perform desensitization with eye movements and reprocessing according to the protocol in 3 sessions daily for 45-90 minutes in the patient's room in the hospital. No psychotherapy intervention will be performed on the control group

during the study.

##### Main outcome variables

Anxiety; blood pressure; respiratory rate; Oxygen saturation level; duration of hospitalization; eye movements and reprocessing

#### General information

##### Reason for update

##### Acronym

EMDR

##### IRCT registration information

IRCT registration number: **IRCT20210823052263N1**

Registration date: **2022-11-14, 1401/08/23**

Registration timing: **registered\_while\_recruiting**

Last update: **2022-11-14, 1401/08/23**

Update count: **0**

##### Registration date

2022-11-14, 1401/08/23

##### Registrant information

##### Name

Maliheh Abbasi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 17 3212 0318

##### Email address

maliheh.abbasi@goums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-06-05, 1400/03/15

##### Expected recruitment end date

2023-03-21, 1402/01/01  
**Actual recruitment start date**  
empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty

**Scientific title**  
Evaluation of the effect of desensitization with eye movements and reprocessing on anxiety, hemodynamic parameters and duration of hospitalization in patients with COVID-19

**Public title**  
The effectiveness of desensitization with eye movements and reprocessing on the recovery of patients with COVID-19

**Purpose**  
Supportive

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Age between 18 to 65 years old Patients with COVID-19 who are PCR positive Has one or more clinical symptoms including fever less than or more than 38, sore throat with or without dry cough, chills, headache, loss of taste and smell, nausea and vomiting, anorexia, diarrhea, body aches, weakness and extreme tiredness Which has no other definite justification, and spo2 = 80-93, shortness of breath, feeling of pain or pressure in the chest No visual impairment and strabismus No cognitive impairment such as dementia or Alzheimer's Has no history of seizures Has no history of known mental disorder Not to be addicted to drugs Patients' anxiety level should be moderate to high according to Hamilton Anxiety Questionnaire  
**Exclusion criteria:**  
The patient did not cooperate with the therapist The patient has entered a severe phase due to pulmonary involvement and needs a niv mask or intubation

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

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**

- Participant
- Investigator

**Sample size**  
Target sample size: **90**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
For select the determined sample size of the study, a simple randomization method is used, in this way, a list of patients referred to Shahid Jalil Yasouj Hospital who meet the criteria for entering the study was prepared and with the help of a table of numbers The samples are randomly selected so that first a row or column is randomly selected and the direction of movement in the

table is from left to right and then the numbers in each row or column equal to the previous one are assigned to one of the intervention or control groups and the number The pair equivalent to the intervention group and the odd number equivalent to the control group will be selected and in this way 45 samples will be selected for the intervention group and 45 samples will be selected for the control group.

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

This study will be double-blind, in such a way that the patients and researchers will be blinded. In this way, the patients and the researcher who measures the desired outcome do not know at first which people are the intervention group and which are the control group.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**

Ethics committee of Yasuj University of Medical Sciences

**Street address**

Shahid Motahari Boulevard, No. 105

**City**

Yasuj

**Province**

Kohgiluyeh-va-Boyerahmad

**Postal code**

7591741417

**Approval date**

2021-06-01, 1400/03/11

**Ethics committee reference number**

IR.YUMS.REC.1400.043

**Health conditions studied**

1

**Description of health condition studied**

COVID-19

**ICD-10 code**

U08.9

**ICD-10 code description**

Personal history of COVID-19

**Primary outcomes**

## 1

### **Description**

Anxiety score in Hamilton questionnaire

### **Timepoint**

Before intervention and after intervention

### **Method of measurement**

Hamilton anxiety questionnaire

## 2

### **Description**

Hemodynamic status (blood pressure, respiration, oxygen saturation level) with patient monitoring

### **Timepoint**

Before intervention and after intervention

### **Method of measurement**

Monitoring device

## 3

### **Description**

Duration of hospitalization

### **Timepoint**

Before intervention and after intervention

### **Method of measurement**

Date of admission and discharge included in the file

## **Secondary outcomes**

## 1

### **Description**

Sleep Quality Scale

### **Timepoint**

At the beginning of the study and one and three months after the intervention

### **Method of measurement**

Pittsburgh Sleep Quality Questionnaire

## **Intervention groups**

## 1

### **Description**

The desensitization method with eye movements in the intervention group will be performed individually for each patient in three sessions and one session of 45 to 90 minutes each day. This is an eight-step method that emphasizes the physiological information processing system in the origin and treatment of mental health problems. The steps of this method in order and summary are history, explanation and preparation, investigation, target desensitization, creating positive cognition, processing the body, creating positive recognition, ending the meeting and re-evaluating previously processed goals.

### **Category**

N/A

## 2

### **Description**

The control group will receive the drugs prescribed by the doctor for the treatment of COVID-19 according to the standard protocols. However, no psychotherapeutic intervention will be performed on this group during the research

### **Category**

N/A

## **Recruitment centers**

## 1

### **Recruitment center**

#### **Name of recruitment center**

Shahid Jalil Hospital

#### **Full name of responsible person**

Saeed Javadan Sirat

#### **Street address**

Sports Street

#### **City**

yasuj

#### **Province**

Kohgilouyeh-va-Boyerahmad

#### **Postal code**

8749375913

#### **Phone**

+98 74 3333 7001

#### **Email**

javdansirat@gmail.com

#### **Web page address**

<http://shahidjalil.yums.ac.ir>

## **Sponsors / Funding sources**

## 1

### **Sponsor**

#### **Name of organization / entity**

Yasouj University of Medical Sciences

#### **Full name of responsible person**

Ahmad Oryan

#### **Street address**

Student Street

#### **City**

yasuj

#### **Province**

Kohgilouyeh-va-Boyerahmad

#### **Postal code**

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#### **Phone**

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#### **Email**

oryan1215@gmail.com

#### **Web page address**

<https://yums.ac.ir>

### **Grant name**

### **Grant code / Reference number**

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

Yes

### **Title of funding source**

Yasouj 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**

Yasouj University of Medical Sciences

**Full name of responsible person**

Amin Haghgoo

**Position**

health education Supervisor

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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Emam Reza Street

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

Yasouj University of Medical Sciences

**Full name of responsible person**

Amin Haghgoo

**Position**

Educational Supervisor

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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**Province**

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**Person responsible for updating data****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Maliheh Abbasi

**Position**

science Committee

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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**Province**

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**Postal code**

4915773594

**Phone**

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**Email**

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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**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

Part of the data in the excel or spss file

**When the data will become available and for how long**

6 months after the publication of the article

**To whom data/document is available**

Academic researchers

**Under which criteria data/document could be used**

Using data for analysis using statistical models

**From where data/document is obtainable**

Amin Haghgoo Email: amin.haghgoo65@gmail.com

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

Official request from the university or research institute

**Comments**