Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effect of Emotional Freedom Technique on sleep quality in recovered from covid-19

Protocol summary

Study aim
determining the impact of emotional freedom technique on sleep quality of recovered COVID-19
Design
Randomized controlled trial parallel with control group
Settings and conduct
This study was designed to determine the effect of emotional freedom technique on sleep quality of recovered from Covid-19 patients. Sampling is done in hospitals affiliated to Kashan University of Medical Sciences.
Participants/Inclusion and exclusion criteria
Inclusion criteria 1- ages between 20-60 years 2- not to have a history of known psychiatric diseases by client self -reporting 3- not consumption of psychiatric and hypnotics drug 4- be able to collaborate to implement the technique 5- not consumption of simultaneous use of other complementary medicine therapies such as exercise, yoga, relaxation and etc. 6- having literacy Exclusion criteria 1- reinfection to COVID-19 during the study 2- Starting the medical treatment 3- Failing to do two consecutive sessions or more the technique
Intervention groups
The intervention group receives the emotional freedom technique. Perform the emotional freedom technique in 8 sessions (three times a week, one day in between), and each session will last a maximum of 30 minutes. The control group receives only educational pamphlets.
Main outcome variables
sleep quality

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20130721014086N16**
Registration date: **2022-05-30, 1401/03/09**
Registration timing: **retrospective**
Last update: **2022-05-30, 1401/03/09**
Update count: **0**
Registration date
2022-05-30, 1401/03/09

Registrant information
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Name of organization / entity
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2022-05-12, 1401/02/22
Expected recruitment end date
2022-05-19, 1401/02/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effect of Emotional Freedom Technique on sleep quality in recovered from covid-19

Public title
Effect of Emotional Freedom Technique on sleep quality in recovered from covid-19
Purpose
Education/Guidance
Inclusion/Exclusion criteria

Inclusion criteria:
having an informed consent they are admitted a maximum six months ago and discharging from hospital. earning the higher than five scores from Pittsburgh questionnaire
Exclusion criteria:
Withdrawal from continuing cooperation

Age
From **20 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
The simples will allocated two groups, intervention group and control group, with Randomization of block to four or six block according to web site of www.sealedenvelope.com.

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 Kashan University of Medical Sciences

Street address
Ghotbe Ravadi, Kashan

City
Kashan

Province
Isfehan

Postal code
88715973474

Approval date
2022-05-16, 1401/02/26

Ethics committee reference number
IR.KAUMS.NUHEPM.REC.1401.018

Health conditions studied

1

Description of health condition studied
sleep quality

ICD-10 code
Z72.82

ICD-10 code description
Problems related to sleep

2

Description of health condition studied
anxiety

ICD-10 code
F40

ICD-10 code description
Phobic anxiety disorders

Primary outcomes

1

Description
sleep quality

Timepoint
beginning of the study, third week and end of the study

Method of measurement
the scores are obtained from completing of Pittsburgh questionnaire

Secondary outcomes

1

Description
anxiety

Timepoint
beginning of the study, third week and fifth week

Method of measurement
completing the Speilberger State–Trait Anxiety Inventory

Intervention groups

1

Description
Intervention group: Perform this technique in a calm environment and at rest in five steps:1. At the beginning of the procedure, identify the problem in your sleep and think about it for a few minutes.2. Give it a score from one (lowest) to ten (strongest).3. Simultaneously with blows everywhere in order to discharge negative energy and energy flow throughout the body, sentences in the form of my feelings such as "Although I have this state (insomnia, tension), but I fully accept myself. . " Called. This sentence is repeated twice at the same time during the blows. Elsewhere, he says at the same time as the blow: "This state, with all the pressure and discomfort, I allow it to come out of me," "It goes out of me, I feel it coming out," and The final sentence is, "It has come out of me." 4. Perform the blows in order of points, including: the edge of the hand, the area between the two eyes,

the side of the eye, between the nose and lips, the chin, the armpit and the top of the head. In the last step, after a round of steps, take a few deep breaths and take a relaxed state and re-score and evaluate your problem from one to ten.5. Repeat the five steps, until the inner state reaches its lowest point (one or two). The number of strokes hit each point is 8 times with the rhythm and verbal speed of the person. The force of the blows is also gentle (4-7 in the range 0-10).

Category

Behavior

2

Description

Control group: In the control group, recovered from Covid-19 , they will receive an educational pamphlet on sleep quality care strategies based on guidelines from the Ministry of Health for Covid-19 patients.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Hospitals affiliated with Kashan University of Medical Sciences

Full name of responsible person

Sajad Sabzehali

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

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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

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Mohammad Aghajani

Position

lectuerer

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
No more information
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
No - There is not 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