

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the Effectiveness of compassion therapy and eye movement desensitization and reprocessing therapy (EMDR) on coronary anxiety, uncertainty intolerance, catastrophizing and coping efficiency of patients with coronavirus (COVID-19)

Protocol summary

Study aim

This study aims to compare the effectiveness of compassion therapy and eye movement desensitization and reprocessing therapy (EMDR) on coronary anxiety, uncertainty intolerance, catastrophizing and coping efficiency of patients with coronavirus (COVID-19).

Design

A clinical trial with a control group, parallel groups, one-way blind, randomized, phase 2 on 45 patients. A table of random numbers will use for randomization.

Settings and conduct

Following randomization and assignment of individuals in the study groups, patients are treated approximately twice a week using compassion therapy and eye movement desensitization and reprocessing therapy (EMDR). This study will be run at the Behin Clinic in Khoram Abad city.

Participants/Inclusion and exclusion criteria

Inclusion criteria: History of having coronavirus, No presence of any other mental disorders, No history of mental illness, No dependence on alcohol or drugs, Do not receive other current psychological treatment. Exclusion criteria: Having suicidal thoughts and beliefs, Declining to participate in therapy sessions.

Intervention groups

compassion therapy and eye movement desensitization and reprocessing therapy

Main outcome variables

Coronary anxiety: anxiety, feeling of tension, worry, and fear about the infection of oneself or others to corona disease. Uncertainty intolerance: feeling of unwillingness to tolerate the possibility of negative events in the future; Catastrophizing: the cognitive process is to exaggerate or magnify the perceived threat of pain sensations; Coping efficiency: person's self-confidence is in performing coping behaviors when facing life's

challenges and threats.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220911055938N1**

Registration date: **2022-09-13, 1401/06/22**

Registration timing: **prospective**

Last update: **2022-09-13, 1401/06/22**

Update count: **0**

Registration date

2022-09-13, 1401/06/22

Registrant information

Name

Nasim Beyranvand

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 66 3333 3333

Email address

imnasimb@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-22, 1401/06/31

Expected recruitment end date

2022-10-11, 1401/07/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effectiveness of compassion therapy and eye movement desensitization and reprocessing therapy (EMDR) on coronary anxiety, uncertainty intolerance, catastrophizing and coping efficiency of patients with coronavirus (COVID-19)

Public title

Comparison of the Effectiveness of compassion therapy and eye movement desensitization and reprocessing therapy (EMDR) on patients with coronavirus (COVID-19)

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

History of having coronavirus No presence of any other mental disorders No history of mental illness No dependence on alcohol or drugs Do not receive other current psychological treatment Age between 20 - 40

Exclusion criteria:

Having suicidal thoughts and beliefs Declining to participate in therapy sessions

AgeFrom **20 years** old to **40 years** old**Gender**

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample sizeTarget sample size: **45****Randomization (investigator's opinion)**

Randomized

Randomization description

Randomization will run by using the Software Allocation Random. Since the total number of samples predicted for the present study is small (n=45), we will use the simple randomization method to assign subjects to three study groups. We will assign a unique number to every member of our study's sample (from 1 to 45). An independent researcher makes random allocation codes using computer-generated random numbers. Then, we will use the random allocation generator software to randomly assign each number to experimental and control groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study was single blind. The data analyst and the person conducting the assessments will be blind to the specific participant's group.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Research Ethics Committees of Islamic Azad University - Boroujerd Branch

Street address

Imam Khomeini University Complex, 3 km Yadgar Imam Road, Nawab Square, Borujerd

City

Boroujerd

Province

Lorestan

Postal code

6915136335

Approval date

2022-04-19, 1401/01/30

Ethics committee reference number

IR.IAU.B.REC.1401.001

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

Coronavirus

ICD-10 code

B34.2

ICD-10 code description

Coronavirus infection, unspecified

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

Coronary anxiety: the score obtained by the corona anxiety Questionnaire (Alipour et al. 2018).

Timepoint

One week before the intervention, one week after the last intervention session, two months after the last intervention session

Method of measurement

Questionnaire

2**Description**

Uncertainty intolerance: the score that participants will get from the uncertainty intolerance questionnaire.

Timepoint

One week before the intervention, one week after the last intervention session, two months after the last

intervention session
Method of measurement
Questionnaire

3

Description

Catastrophizing: the score participants will get from the catastrophizing subscale of the Rosenstiel and Keefe (1983) coping strategies questionnaire.

Timepoint

One week before the intervention, one week after the last intervention session, two months after the last intervention session

Method of measurement

Questionnaire

4

Description

Coping efficiency: the score participants will get from the Chesney et al.'s (2006) coping efficiency questionnaire.

Timepoint

One week before the intervention, one week after the last intervention session, two months after the last intervention session

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

compassion therapy intervention: Compassion-focused therapy consists of eight weekly 90-minute sessions conducted in a group setting. Each session will include introducing goals and topics related to that session, discussions, exercises inside the session, and exercises outside the session.

Category

Behavior

2

Description

Eye movement desensitization and reprocessing therapy (EMDR) intervention: includes ten one-hour treatment sessions, individually and two weekly, based on the standard protocol of EMDR.

Category

Behavior

3

Description

Control group: After the intervention phase of this study, control group patients can be treated by psychologists in the Behin psychology clinic.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Behin psychology clinic

Full name of responsible person

Nasim Beyranvand

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Unit 5, Nourizadeh building, Amiri alley, Alavi street, Khorram Abad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mahboobeh Chinaveh

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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

Islamic Azad University

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**

Islamic Azad University

Full name of responsible person

Nasim Beyranvand

Position

Ph.D Student

Latest degree

Master

Other areas of specialty/work

Psychology

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

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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

Data from participants' responses to coronary anxiety, uncertainty intolerance, catastrophizing and coping efficiency questionnaires in pre-test, post-test and follow up will analyze using SPSS software, and the results, without mentioning the names of the participants, were shared as study results.

When the data will become available and for how long

The access period starts 6 months after the results are published.

To whom data/document is available

The data of this study will be available only to researchers working in academic and scientific institutions.

Under which criteria data/document could be used

The data of this study will be provided for use by researchers in review or comparative studies.

From where data/document is obtainable

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

The applicant provides information about their
application via email. Up to two weeks after the request,
if accepted, documents or data files will be sent.

Comments