

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jul 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

**Age**

From **20 years** old to **40 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Outcome assessor
- Data analyser

**Sample size**

Target 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, Boroujerd

**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

##### **Street address**

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

##### **City**

khorrAm Abad

##### **Province**

Lorestan

##### **Postal code**

6813918468

##### **Phone**

+98 66 3343 2180

##### **Email**

behinclinic@gmail.com

##### **Web page address**

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

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

Islamic Azad University

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

Mahboobeh Chinaveh

##### **Street address**

Daneshgah St., Western Modarres Ave, Boroujerd, Iran.

##### **City**

Boroujerd

##### **Province**

Lorestan

##### **Postal code**

6915136335

##### **Phone**

+98 66 3343 2180

##### **Email**

hivachinaveh@gmail.com

#### **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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**Email**

imnasimb@gmail.com

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

Islamic Azad University

**Full name of responsible person**

Mahboobeh Chinaveh

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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hivachinaveh@gmail.com

**Person responsible for updating data****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**

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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**

Nasim Beyranvand, Department of Psychology, Islamic Azad University, Boroujerd Branch, Iran.  
imnasimb@gmail.com +98 991 653 6422

**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**