Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Investigating The effect of Emotional Freedom Technique on test anxiety of nursing and allied medicine students

Protocol summary

Study aim
Determining the effect of emotional freedom technique on test anxiety of nursing and allied medicine students of Kerman University of Medical Sciences in 2022-2023

Design
Clinical trial with control group, single blind, randomized, on 60 patients, stratified randomization

Settings and conduct
This study was conducted on nursing and allied medicine students of Kerman University of Medical Sciences in two intervention and control groups. The intervention group received emotional freedom technique. The participants in the study were blinded to the allocation to the intervention and control groups.

Participants/Inclusion and exclusion criteria
inclusion: the student must be studying from the second to the eighth semester, Obtaining a higher than average score in the list of state and trait anxiety; exclusion: suffering from heart or respiratory disease (self-declared), Absence of more than two sessions in intervention sessions

Intervention groups
Intervention: In this group, 6 sessions of emotional freedom technique were performed, 1 session every week. Control: No intervention was implemented in this group.

Main outcome variables
anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20221207056739N1**
Registration date: **2023-02-21, 1401/12/02**
Registration timing: **registered_while_recruiting**
Last update: **2023-02-21, 1401/12/02**
Update count: **0**

Registration date
2023-02-21, 1401/12/02

Registrant information

Name
mojgan taeby

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 34 3132 5378

Email address
m_taeby@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-02-20, 1401/12/01

Expected recruitment end date
2023-04-21, 1402/02/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating The effect of Emotional Freedom Technique on test anxiety of nursing and allied medicine students

Public title
The effect of Emotional Freedom Technique on test anxiety

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

The student is studying from the second to the eighth semester. He has not received this intervention before. A written consent form must be signed by the student. Obtaining a higher than average score in the list of state and trait anxiety

Exclusion criteria:

Taking sedative and anti-anxiety medication simultaneously with the intervention Having a heart or respiratory disease (self-reported) Absence of more than two sessions in intervention sessions Participation in psychotherapy interventions at the same time as the current research intervention

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The samples are divided into two intervention and control groups using stratified random allocation method. The samples will be divided into two groups according to gender and age (±2). In other words, the first sample is randomly (using a lottery) placed in one of the intervention or control groups, and the subsequent samples are assigned to each of the groups according to the matching variables and by observing the random conditions.

Blinding (investigator's opinion)

Single blinded

Blinding description

The participants in the research were blind to whether they were in the intervention group or 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 Kerman University of Medical Sciences

Street address

Kerman University of Medical Sciences, At the beginning of Haft Bagh Alavi Road

City

Kerman

Province

Kerman

Postal code

76169-13555

Approval date

2022-11-07, 1401/08/16

Ethics committee reference number

IR.KMU.REC.1401.369

Health conditions studied

1

Description of health condition studied

anxiety

ICD-10 code

Z55.2

ICD-10 code description

Failed school examinations

Primary outcomes

1

Description

Anxiety score in TAI test anxiety questionnaire

Timepoint

Before and after the intervention

Method of measurement

TAI test anxiety questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this group, the intervention is organized in the form of sessions based on the Church training package in 6 sessions offline (online) for 45 minutes once a week and implemented as follows. First session: Introduction and therapeutic relationship between the student and the therapist is established and the necessary information about the number and length of the sessions is provided. The goals and rules of individual therapy are explained and the active participation between the student and the therapist, the importance and key role of weekly assignments are emphasized. Anxiety and its symptoms are described. The second session: In this session, the physical factors of anxiety are defined and explained. The third session: In this session, the repressed emotions resulting from the injury are emphasized and explained. Fourth session: In continuation of the previous session, this session was also dedicated to examining and dealing with negative emotions. At this stage, by hitting 16 key points of the body, which include (head: center and top of the head,

eyebrows: the inner edges of the eyebrows, corners of the eyes: the hard area between the eyes and the temple. This point is under the eyes: the area The hard part of the eye that is integrated with the cheekbone, under the nose: the point between the upper lip and the lower part of the nose, chin: this point is parallel to the previous point but slightly lower, precisely in the center between the lower lip. and the chin. Clavicle: it is exactly under the hard edge of the collarbone, under the arm: next to your body, four fingers below the armpit and the softness under the hand) which is the path of the flow of anxiety; Beats are introduced and the participant is taught how to play the beats. Fifth session: In this session, along with focusing on the problem and anxiety-causing discomfort of the participant, the key points of the body are hit and visualization of the problem is practiced, and the severity of the problem is evaluated again using a 0-10 rating scale. If the intensity was still high; Again, the tapping process is repeated as follows and taught to the participant. The sixth session. In this meeting, the grading scale was emphasized again and the clients were asked to measure the severity of their problem again on a scale of 0 to 10 degrees, and if the participant's anxiety is still high; to say that "even though I still have some of the name of the problem; but I deeply and completely accept myself." At the end of the sessions, the materials of the previous sessions, the final summary and the post-test are implemented.

Category

Rehabilitation

2

Description

Control group: No intervention was performed in this group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kerman University of Medical Sciences

Full name of responsible person

Mojgan Taeby

Street address

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Email

m_taeby@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Reza Malekpour Afshar

Street address

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malekpour@kmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

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

Kerman University of Medical Sciences

Full name of responsible person

Mojgan Taeby

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact
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Full name of responsible person
Mojgan Taeby
Position
Assistant Professor
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Other areas of specialty/work
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Person responsible for updating data

Contact
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Mojgan Taeby
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available