

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

Effectiveness of Ailurophobia treatment by virtual reality compared to metacognition treatment

Protocol summary

Study aim

Effectiveness of Ailurophobia treatment by virtual reality compared to metacognition treatment

Design

A clinical trial with a control group, with parallel groups, double-blind, randomized, on 28 patients, is used for randomization by permutation randomization block method.

Settings and conduct

Outpatient clinic of Ibn Sina Hospital uses random permutation block method for random allocation, the analyst & allocator of sample to groups will be unaware of intervention & control groups. Each group has 8 sessions of 45 minutes in 8 weeks, 1 time per week are treated. Group1 will be treated with virtual reality with cat scare software. Group2 is subjected to metacognitive therapy. Before treatment, session 4 & at end of treatment, 1 & 3 months follow-up will be evaluated by Kettle questionnaire & author of construction of ailurophobia.

Participants/Inclusion and exclusion criteria

Entry conditions: Patients who have been confirmed according diagnostic interview have criteria of fear of cats for at least 6 months. are in range of 18 to 45 yrs. and are satisfied to participate in this research. Conditions of non-entry: patients who absent for more than 3 sessions in treatment sessions, alcohol or drug addiction, other mental and physical problems at same time, are being not interested

Intervention groups

After approval of psychiatrist to diagnose patient, patients will placed in 2 groups of 14 people aged 18 to 45, men & women. Group 1 will be treated with virtual reality technique with fear of cats software. Group 2 is subjected to metacognitive therapy. Before treatment, 4th session, at end of treatment, 1 & 3month follow-up of Kettle's anxiety questionnaire & creation of ailurophobia questionnaire will be done.

Main outcome variables

Evaluation level of anxiety & avoidance at beginning of intervention, weeks 4th, 8th (the end of the intervention), 12th & 20th to follow the effect of treatment

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230105057057N1**

Registration date: **2023-03-04, 1401/12/13**

Registration timing: **registered_while_recruiting**

Last update: **2023-03-04, 1401/12/13**

Update count: **0**

Registration date

2023-03-04, 1401/12/13

Registrant information

Name

Malihe Arjmandi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-03-21, 1401/01/01

Expected recruitment end date

2023-09-21, 1402/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Ailurophobia treatment by virtual reality compared to metacognition treatment

Public title

"Effectiveness of Ailurophobia treatment by virtual reality"

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients who have been confirmed according to the diagnostic interview based on the relevant symptom checklist in the fifth edition of the disorder diagnosis, diagnostic and statistical manual of specific phobias (fear of cats) Patients who meet the criteria of fear of cats for at least six months Patients who are in the age range of 18 to 45 Patients are satisfied with participating in this research

Exclusion criteria:

Patients who are absent for more than three sessions in treatment sessions Patients who are dependent on alcohol or drugs Patients who have other mental and physical problems at the same time Patients who are treated with other methods of drug therapy and psychotherapy during the trial period Patients who do not want to continue treatment for any reason

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Investigator
- Outcome assessor

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description

Permutation random block method is used for random allocation. In this method, 7 blocks of 4 will be randomly selected from the combination of letters A and B. These blocks are AABB, ABBA, BBAA, BAAB, ABAB, BABA. Allocation of letters A and B to treatments will also be done randomly before randomization

Blinding (investigator's opinion)

Double blinded

Blinding description

Our method is to use a central service. This service consists of people who work in the center and have no knowledge of the researchers' research, and they will do the secret allocation for the research, that is, the analyst and the sample allocator will be unaware of the intervention and control groups.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Mashhad University of Medical Sciences

Street address

Ibnesina Hospital, Horeameli Ave., Toos Blvd.

City

Mashhad

Province

Razavi Khorasan

Postal code

8313491959

Approval date

2020-10-06, 1399/07/15

Ethics committee reference number

IR.MUMS.MEDICAL.REC.1399.549

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

Ailurophobia

ICD-10 code

F40.2

ICD-10 code description

Specific (isolated) phobias

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

Ailurophobia

Timepoint

The beginning of the study, 1 month and 3 months after the start of the study

Method of measurement

"Kettle questionnaire", "construction of ailurophobia author"

Secondary outcomes

empty

Intervention groups

1

Description

After the approval of the psychiatric specialist for the diagnosis of the patient, the patients are placed in 2 groups of 14 people between the ages of 18 and 45, male and female. Each group is treated during 8 sessions of 45 minutes in 8 weeks, once a week. The follow-up will be one month and three months. The first group will be treated with the virtual reality technique with the fear of cats software

Category

Other

2

Description

After the approval of the psychiatric specialist for the diagnosis of the patient, the patients are placed in 2 groups of 14 people between the ages of 18 and 45, male and female. Each group is treated during 8 sessions of 45 minutes in 8 weeks, once a week. There will be a one-month and three-month follow-up. The second group will undergo metacognitive therapy. Before the treatment, the fourth session, and at the end of the treatment, a one- and three-month follow-up will be done with the Kettle anxiety questionnaire and the construction of the ailurophobia questionnaire.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ibnesina Hospital

Full name of responsible person

Alireza Ebrahimi

Street address

Horeameli Ave., Toos Blvd.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad 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

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Alireza Ebrahimi

Position

Assistant Professor

Latest degree

Specialist

Other areas of specialty/work

Psychiatrics

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Person responsible for scientific

inquiries

Contact

Name of organization / entity

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Full name of responsible person

Alireza Ebrahimi

Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Malihe Arjmandi

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resident

Latest degree

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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

Not applicable

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

Not applicable

Data Dictionary

Not applicable