

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Investigating the effect of guided imagery on anxiety and physiologic Parameters of patients candidate for Coronary Computed Tomography Angiography

Protocol summary

Study aim

Determining the effect of guided imagery on anxiety and physiological indicators of patients candidates for coronary computed tomography angiography

Design

Clinical trial with control group with parallel groups, randomized phase 3 on two groups of 32 people, where random allocation of samples will be done through the sealed envelope site.

Settings and conduct

The study will be conducted in the radiology department of Kosar hospital of Semnan on patients referred for coronary computed tomography using the State and Trait Spielberger anxiety Questionnaire before and after playing an eight-minute audio file of guided imagery through headphones.

Participants/Inclusion and exclusion criteria

Major inclusion conditions before randomization: First visit for computed tomography, Age range 30-80 years, Body weight less than 100 kg, Having minimum literacy in reading and writing Farsi and No hearing problems
Major exclusion conditions before randomization: History of drug abuse, Having a known anxiety disorder and Taking anti-anxiety and sedative drugs in the last 24 hours

Intervention groups

Intervention group: First, blood pressure, pulse and percentage of oxygen saturation are measured. Then, Spielberger State-Trait questionnaire will be completed by each patients, and immediately after that, the guided imagery audio clip will be played for them through headphones, and immediately after it is finished, measurements and completing the questionnaire are done for the second time. Control group: First, blood pressure, pulse and percentage of oxygen saturation are measured from the left arm while lying on the back. Then, Spielberger's State-Trait anxiety questionnaire will

be completed by each patients, and immediately after eight minutes, measurements and completing the questionnaire are done for the second time.

Main outcome variables

Anxiety

General information

Reason for update

Acronym

ندارد

IRCT registration information

IRCT registration number: **IRCT20140721018550N13**

Registration date: **2024-02-11, 1402/11/22**

Registration timing: **prospective**

Last update: **2024-02-11, 1402/11/22**

Update count: **0**

Registration date

2024-02-11, 1402/11/22

Registrant information

Name

Nayyereh Raiesdana

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3345 3867

Email address

nr_dana@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-20, 1402/12/01

Expected recruitment end date

2024-06-21, 1403/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of guided imagery on anxiety and physiologic Parameters of patients candidate for Coronary Computed Tomography Angiography

Public title

Investigating the effect of guided imagery on anxiety

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

First visit for computed tomography Age range 30-80 years Body weight less than 100 kg Having minimum literacy in reading and writing Farsi No hearing problems

Exclusion criteria:

History of drug use Having a known anxiety disorder Taking anti-anxiety and sedative drugs in the last 24 hours

Age

From **30 years** old to **80 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

Allocation of samples to the intervention and control groups will be based on random allocation and with blocks of eight with age (30 to 55 years and 56 to 80 years) and gender (male and female) blocks randomly.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

does not have

Secondary Ids

empty

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

Ethics Committee of Semnan University of Medical Sciences

Street address

Semnan University of Medical sciences, Basij Bolverd, Semnan, Iran

City

Semnan

Province

Semnan

Postal code

3514799442

Approval date

2024-01-01, 1402/10/11

Ethics committee reference number

IR.SEMUMS.REC.1402.233

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

Coronary artery disease

ICD-10 code

100-199

ICD-10 code description

Diseases of the circulatory system

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

Anxiety

Timepoint

Before and after intervention

Method of measurement

Spielberger State-Trait Anxiety Inventory

Secondary outcomes**1****Description**

Systolic and diastolic blood pressure

Timepoint

Before and after intervention

Method of measurement

Digital Arm Spychmomanometer (Easy Life brand)

2**Description**

Pulse rate

Timepoint

Before and after intervention

Method of measurement

Pulse oximeter (Bitmos brand)

3

Description

Mean Arterial pressure

Timepoint

Before and after intervention

Method of measurement

MAP= (SBP + 2DBP)/3

4

Description

O2 saturation %

Timepoint

Before and after intervention

Method of measurement

Pulse oximeter (Bitmos brand)

Intervention groups

1

Description

Intervention group: Intervention group: First, blood pressure, pulse and percentage of oxygen saturation are measured from the left arm while lying on the back. Then, Spielberger State-Trait questionnaire will be completed by each patients, and immediately after that, the guided imagery audio clip will be played for them through headphones, and immediately after it is finished, blood pressure, pulse and percentage Oxygen saturation will be measured for second time and the Spielberger State questionnaire will be answered by each patients.

Category

Other

2

Description

Control group: Control group: Control group: First, blood pressure, pulse and percentage of oxygen saturation are measured from the left arm while lying on the back. Then, Spielberger's State-Trait anxiety questionnaire will be completed by each patients, and immediately after that, subjects lying on the back for the time equivalent to applying the intervention for the intervention group, and immediately after that, blood pressure, pulse and percentage Oxygen saturation will be measured for second time and the Spielberger State questionnaire will be answered by each patients.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Koosar hospital of Semnan

Full name of responsible person

Mohammad Forozeshfard

Street address

Amin St., Nirogah Square, Golestan Town, Semnan, Semnan Province, Iran

City

Semnan

Province

Semnan

Postal code

99558- 35198

Phone

+98 23 3344 1022

Fax

+98 23 3343 7837

Email

kosarhos@semums.ac.ir

Web page address

<https://kosarhos.semums.ac.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Majid Mirmohammadkhani

Street address

Deputy of Research and Technology, Semnan University of Medical sciences, Basij Boulevard, Semnan, Iran

City

Semnan

Province

Semnan

Postal code

3514799442

Phone

+98 23 3345 1336

Fax

+98 23 3345 1336

Email

majidmirmohammadkhani@yahoo.com

Web page address

<https://.ac.ir>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Nayyereh Raiesdana

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, Semnan University of Medical Sciences, 5th Kilometer of Damghan road, Semnan, Iran

City

Semnan

Province

Semnan

Postal code

3514799442

Phone

+982333448996-8

Fax

+98 23 3365 4209

Email

nr_dana@yahoo.com

Web page address

<https://semums.ac.ir/FacultyMembers>

+982333448996-8

Fax

+98 23 3344 8999

Email

nr_dana@yahoo.com

Web page address

<https://semums.ac.ir/FacultyMembers>

Person responsible for updating data

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Nayyereh Raiesdana

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, Semnan University of Medical Sciences, 5th kilometer of Damghan road, Semnan, Iran

City

Semnan

Province

Semnan

Postal code

3513138111

Phone

+98 23 3365 4190

Fax

+98 23 3365 4190

Email

nr_dana@yahoo.com

Web page address

<https://semums.ac.ir/FacultyMembers>

Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Nayyereh Raiesdana

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, Semnan University of Medical Sciences, 5th kilometer of Damghan road, Semnan, Iran

City

Semnan

Province

Semnan

Postal code

3514799442

Phone

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

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

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable