

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 2026

### The effect of Eye Movement Desensitization and Reprocessing on hospital anxiety and depression and hemodynamic parameters in patients undergoing hemodialysis

#### Protocol summary

##### Summary

The aim of this study was the effects of Eye Movement Desensitization and Reprocessing on anxiety, depression, fatigue and hemodynamic parameters in patients undergoing hemodialysis. In this randomized clinical trial, 90 hemodialysis patients were randomly allocated to two groups EMDR and control (45 patients in each group). The study will be conducted on hemodialysis patients admitted to Rajaei Hospital in Karaj. In intervention group, . Interventions will be performed in one session every other day for 30 to 45 min. anxiety, depression level of patients. Interference will not occur in the control group. Before the intervention, after intervention, 30 minutes after intervention, and at the end of hemodialysis anxiety, depression, fatigue, and hemodynamic parameters are measured and recorded. The researchers and data monitoring committee will not become aware of what sort of intervention the patients have been received

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201512137529N10**  
Registration date: **2015-12-19, 1394/09/28**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2015-12-19, 1394/09/28

##### Registrant information

##### Name

Nahid Rejeh

##### Name of organization / entity

Shahed University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 5121 3071

##### Email address

reje@shahed.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shahed University Vice chancellor for research

##### Expected recruitment start date

2015-11-22, 1394/09/01

##### Expected recruitment end date

2016-03-19, 1394/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of Eye Movement Desensitization and Reprocessing on hospital anxiety and depression and hemodynamic parameters in patients undergoing hemodialysis

##### Public title

Effect of Eye Movement Desensitization and Reprocessing on the level of anxiety

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: the desire to participate in the study; the absence of cognitive impairment or impaired cognitive function of impairment patients; Not having strabismus and vision problems Has at least one time the

experience of hemodialysis ,ability reading and writing; aged between 18 and 70 years, having high anxiety and depression scores of 7 tools HADS. Exclusion criteria: condition of hemodynamic is unstable; transfer of patient to another ward; patient dissatisfaction to continue participation in the study.

#### **Age**

From **18 years** old to **70 years** old

#### **Gender**

Both

#### **Phase**

N/A

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **90**

#### **Randomization (investigator's opinion)**

Randomized

#### **Randomization description**

#### **Blinding (investigator's opinion)**

Not blinded

#### **Blinding description**

#### **Placebo**

Not used

#### **Assignment**

Parallel

#### **Other design features**

### **Secondary Ids**

empty

### **Ethics committees**

#### **1**

##### **Ethics committee**

###### **Name of ethics committee**

Ethics committee of Shahed University

###### **Street address**

Shahed University, Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway, Tehran.

###### **City**

Tehran

###### **Postal code**

##### **Approval date**

2015-11-16, 1394/08/25

##### **Ethics committee reference number**

Shahed.REC.1394.63

### **Health conditions studied**

#### **1**

##### **Description of health condition studied**

Anxiety of hemodialysis

##### **ICD-10 code**

Z49.0

##### **ICD-10 code description**

Preparatory care for dialysis

### **Primary outcomes**

#### **1**

##### **Description**

Anxiety

##### **Timepoint**

Before the intervention in first session and in final any sessions Before , after the intervention, 30 minutes after intervention, and after finish of the hemodialysis

##### **Method of measurement**

anxiety and depression scale (HADS)

#### **2**

##### **Description**

Depression

##### **Timepoint**

Before the intervention in first session and in final any sessions Before , after the intervention, 30 minutes after intervention, and after finish of the hemodialysis

##### **Method of measurement**

anxiety and depression scale (HADS)

#### **3**

##### **Description**

Fatigue

##### **Timepoint**

Before the intervention in first session and in final any sessions Before , after the intervention, 30 minutes after intervention, and after finish of the hemodialysis

##### **Method of measurement**

Roten Fatigue Scale

#### **4**

##### **Description**

Blood pressure

##### **Timepoint**

Before the intervention in first session and in final any sessions Before , after the intervention, 30 minutes after intervention, and after finish of the hemodialysis

##### **Method of measurement**

Checklist

#### **5**

##### **Description**

Respiratory rate

##### **Timepoint**

Before the intervention in first session and in final any sessions Before , after the intervention, 30 minutes after intervention, and after finish of the hemodialysis

##### **Method of measurement**

Checklist

#### **6**

##### **Description**

Pulse rate

##### **Timepoint**

Before the intervention in first session and in final any

sessions Before , after the intervention, 30 minutes after intervention, and after finish of the hemodialysis

**Method of measurement**

Checklist

**7**

**Description**

Oxygen saturation

**Timepoint**

Before the intervention in first session and in final any sessions Before , after the intervention, 30 minutes after intervention, and after finish of the hemodialysis

**Method of measurement**

pulse oximeter

**8**

**Description**

Mean blood pressure

**Timepoint**

Before the intervention in first session and in final any sessions Before , after the intervention, 30 minutes after intervention, and after finish of the hemodialysis

**Method of measurement**

Checklist

**Secondary outcomes**

empty

**Intervention groups**

**1**

**Description**

Intervention group: The researcher Eye movement desensitization and reprocessing "for each person in the intervention group performed individually for 45-30 minutes.Researcher is filling the scales consists: anxiety and depression scale (HADS), Roten Fatigue Scale, and hemodynamic parameters before intervention, after intervention, 30 minutes after intervention and end of hemodialysis.

**Category**

Other

**2**

**Description**

Control group: Interference will not occur in the control group

**Category**

N/A

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Martyr Rajaei Hospital

**Full name of responsible person**

Fatemeh Rahimi

**Street address**

**City**

karaj

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Shahed University Vice chancellor for research

**Full name of responsible person**

Dr. Zahra Kiasalari

**Street address**

Shahed University, Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway, Tehran.

**City**

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Shahed University Vice chancellor for research

**Proportion provided by this source**

100

**Public or private sector**

empty

**Domestic or foreign origin**

empty

**Category of foreign source of funding**

empty

**Country of origin**

**Type of organization providing the funding**

empty

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Shahed University

**Full name of responsible person**

Dr. Nahid Rejeh

**Position**

Associate Professor

**Other areas of specialty/work**

**Street address**

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*