Clinical Trial Protocol
Iranian Registry of Clinical Trials

27 May 2026

Comparison of the effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) on internalized stigma in patients with major depressive disorder.

Protocol summary

Study aim
Assessing the impact of Eye Movement Desensitization and Reprocessing on internalized stigma in patients with major depression disorder

Design
A randomized controlled trial with parallel groups and 72 participants, using an online platform called Sealed Envelope for randomization.

Settings and conduct
The researcher will first obtain the necessary permits and, with a letter of introduction, refer to the hospitals affiliated with Yasuj University of Medical Sciences. After obtaining informed written consent, all samples will complete the demographic information form and the Beck Depression Inventory. Then, the pre-test will be taken using the Internalized Stigma Mental Illness questionnaire. The Eye Movement Desensitization and Reprocessing intervention will be performed individually. Immediately after the intervention ends and during the three-month follow-up, the post-test will be taken.

Participants/Inclusion and exclusion criteria
Inclusion criteria: a definitive diagnosis of depression, a history of hospitalization for depression, willingness to participate in the intervention, ability to communicate effectively, signing an informed consent form, completing physical health, and not participating in mindfulness or cognitive behavioral therapies concurrently. Exclusion criteria: individuals who had attempted suicide or self-harmed and individuals with substance or alcohol dependence.

Intervention groups
The Eye Movement Desensitization and Reprocessing intervention will be administered to each individual in the intervention group, depending on individual needs and treatment progress, for a maximum of seven sessions, with a duration of 90 minutes in the first session and 45 minutes in the following sessions every other day. The control group will receive treatment as usual.

Main outcome variables
Reducing internalized stigma in patients with major depressive disorder.

General information

Reason for update

Acronym
EMDR

IRCT registration information
IRCT registration number: **IRCT20250111064354N1**
Registration date: **2025-03-09, 1403/12/19**
Registration timing: **registered_while_recruiting**

Last update: **2025-03-09, 1403/12/19**
Update count: **0**

Registration date
2025-03-09, 1403/12/19

Registrant information

Name
Negin Shojaossadati
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 41 3382 4619
Email address
nshojayi7@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-03-05, 1403/12/15

Expected recruitment end date
2025-06-08, 1404/03/18

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison of the effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) on internalized stigma in patients with major depressive disorder.

Public title
"Investigating the effect of Eye Movement Desensitization and Reprocessing in Internalized Stigma"
Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
All patients with major depressive disorder have been hospitalized at least once due to the severity of this disorder. Individuals should be ready and willing to participate in Eye Movement Desensitization and Reprocessing sessions. Individuals must be able to communicate and collaborate with researchers and therapists. Participants must sign an informed consent form and be aware of the research and treatment process. Participants must have fully functional five senses, especially vision and hearing. Not participating in mindfulness courses or cognitive behavioral therapies at the same time.
Exclusion criteria:
Participants who have attempted suicide or engaged in serious self-harm resulting in hospitalization within the past month will be excluded from the study. Individuals who are dependent on drugs or alcohol will not be allowed to participate in the study.
Age
From **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **72**
Randomization (investigator's opinion)
Randomized
Randomization description
Eligible study participants will be randomly assigned to two intervention groups and a control group in blocks of multiples of two (2, 4). This process will be conducted randomly using an online platform called Sealed Envelope. The list of participant allocations to study groups will be extracted through this method based on the total sample size.
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 Yasuj University of Medical Sciences
Street address
Yasuj University of Medical Sciences, Next to Imam Sajjad Hospital
City
Yasuj
Province
Kohgilouyeh-va-Boyrahmad
Postal code
7591994799
Approval date
2025-02-23, 1403/12/05
Ethics committee reference number
IR.YUMS.REC.1403.160

Health conditions studied

1

Description of health condition studied
Internalized stigma
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Internalized stigma
Timepoint
The post-test will be taken by the internalized stigma of mental illness scale after seven sessions (immediately after the interventions are completed) and in the three-month follow-up.
Method of measurement
The Internalized Stigma of Mental Illness Scale

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group: Eligible study participants will receive eye movement desensitization and reprocessing intervention individually, up to seven sessions depending on individual needs and treatment progress, with a duration of 90 minutes in the first session and 45 minutes in the following sessions, every other day.

Category

Treatment - Other

2

Description

The control group: Participants in this group will receive treatment as usual.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Rajaee hospital
Full name of responsible person
Mohammad Behnammoghadam
Street address
Imam Hussein Square
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Postal code
7591873118
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Email
rajaeey@yums.ac.ir
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2

Recruitment center

Name of recruitment center
Shahid Rajaee hospital
Full name of responsible person
Mohammad Behnammoghadam
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Nurse Square, Baladian Street
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3

Recruitment center

Name of recruitment center
Imam Khomeini hospital
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yasouj University of Medical Sciences
Full name of responsible person
Seyed Amin Hossali Motlagh
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Yasuj University of Medical Sciences, Next to Imam Sajjad Hospital
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aminhomo@yahoo.com

Grant name

Grant code / Reference number

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

Title of funding source
Yasouj 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
Yasouj University of Medical Sciences
Full name of responsible person
Mohammad Behnammoghadam
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
Patient information and data will be made available to other researchers and writers upon request while maintaining confidentiality and privacy.
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
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
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