

# Assessing and training fear inhibition in spider phobia via eye-movements

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		<input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 28/02/2022	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 02/09/2024	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aim

Anxiety and fear can be characterized by a shift of attention in favor of threatening stimuli. According to the Attentional-Control-Theory, this bias is associated with a decreased inhibition of bottom-up perceptual processes. Inhibitory control can be investigated by means of the antisaccade task, in which participants are required to look into the opposite direction of a stimulus in the peripheral visual field. Higher antisaccade latencies and error rates thereby indicate inhibitory control deficits, which are considered a pathogenic factor in anxiety disorders. In line with this, previous studies have revealed an impaired antisaccade performance in participants with subclinical anxiety. However, studies investigating clinical populations are sparse.

This study has three main goals: First, we aim to compare the antisaccade performance of spider phobic patients with healthy control participants. Second, we aim to investigate associations between antisaccade performance and psychophysiological (heart rate, skin conductance level, startle response) as well as behavioral measures of fear (ratings, behavioral avoidance test) towards threatening stimuli. Third, this study aims to explore effects of an antisaccade training on inhibitory control (indexed by antisaccade performance), as well as psychophysiological and behavioral measures of fear.

### Who can participate?

Patients with a specific phobia of the animal subtype (spiders) who fulfill the criteria for a specific phobia.

Healthy participants who do not fulfill the criteria for a specific phobia and do not exceed a value of 19 points in the spider phobia questionnaire (SPQ).

### What does the study involve?

Participants take part in a brief screening and a diagnostic interview via telephone. If they meet the inclusion criteria, they will provide informed consent, fill in psychometric questionnaires and participate in laboratory assessments (2-3 hours for healthy controls and 3-4 hours for patients with spider phobia): First, a baseline assessment including a Behavioral Avoidance Test (BAT), a free viewing paradigm with physiological assessments (heart rate, skin conductance level, startle response), and the anti-saccade task with an eye-tracking assessment will be obtained. Second, participants are randomized into two intervention groups receiving an anti-saccade

(experimental group) or a pro-saccade training (control group). Afterwards, the post-1-assessment of the antisaccade task and the BAT are conducted.

From this point on the assessment continues only for participants with specific phobia. These switch training conditions and then participate in the post-2-assessment composed of the antisaccade task, the free viewing physiological assessment, and the BAT.

What are the possible benefits and risks of participating?

Results of this study shed light to pathogenic mechanisms involved in pathological anxiety and their modulation. As such, it may inform future research and clinical approaches of anxiety treatment. The risks of participating in the study are a short increase of anxiety, due to the anxiety-inducing stimuli, loud startle noises, and fatigue of the eyes.

Where is the study run from?

University of Siegen (Germany) and University of Münster (Germany)

When is the study starting and how long is it expected to run for?

June 2021 to December 2023

Who is funding the study?

DGPs (German Society for Psychology: Biological Psychology and Neuropsychology)

Movisens (Germany)

Innovative Medizinische Forschung (IMF) of the medical faculty of Münster (Germany)

Who is the main contact?

Dr. Kati Roesmann (Kati.Roesmann@uni-siegen.de)

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## Contact information

### Type(s)

Principal investigator

### Contact name

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

Nil known

## Study information

### Scientific Title

Inhibitory control and its modification in specific phobia - An antisaccade study

### Acronym

SPIN

### Study objectives

H1: Phobics will show higher latencies and error rates, i.e. a poorer performance, than healthy controls in the antisaccade paradigm.

H1.1: Differences in antisaccade performance between phobics and healthy controls are higher when using phobia-related vs. neutral stimuli.

H2: Latencies and error-rates in the anti-saccade task are correlated with physiological (skin conductance response, heart rate, startle-response) and behavioral measures of fear.

H3: The anti-saccade training improves antisaccade performance (i.e., lower error rates, and shorter latencies)

H4: Changes in antisaccade performance are associated with changes in behavioral and physiological measures of fear.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approved 08/09/2021, Ethics Committee of the University of Siegen (Adolf-Reichwein-Str. 2a, NA, 57076, Germany; +49 0271 740-4819; ethikrat@uni-siegen.de), ref: ER\_39/2021

### Study design

Interventional randomized controlled trial

### Primary study design

Interventional

### Study type(s)

Other

### Health condition(s) or problem(s) studied

Inhibitory control in specific phobia of the animal typus (spider).

### Interventions

Intervention group: Antisaccade training

Control group: Prosaccade training

Participants will be randomised into the two groups by a randomisation sheet.

**Antisaccade Training:** Visual stimuli (pictures of spiders) will be presented on a screen in the left or right peripheral visual field. Participants are instructed to look at the mirrored position on the screen. The duration of this training is 15 minutes including short breaks.

**Prosaccade Training:** Visual stimuli (pictures of neutral objects) will be presented on a screen in the left or right peripheral visual field. Participants are instructed to look at the presented stimulus. The duration of this training is 15 minutes including short breaks.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Antisaccade latencies will be measured in the antisaccade task at baseline, post-1-, and - for spider phobics only - post-2-assessment. All assessments take place on one day.

### **Key secondary outcome(s)**

Antisaccade error rates will be measured in the antisaccade task at baseline, post-1-, and - for spider phobics only - post-2-assessment. All assessments take place on one day

### **Completion date**

31/12/2023

## **Eligibility**

### **Key inclusion criteria**

1. 18-65 years
2. Specific phobia (animal-subtype: spider) and healthy controls
3. Normal or corrected-to normal vision
4. Normal hearing

### **Participant type(s)**

Mixed

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Upper age limit**

65 years

### **Sex**

All

### **Key exclusion criteria**

1. Lifetime diagnosis of substance-related bipolar or psychotic disorder
2. Current psychiatric disorder or a psychiatric disorder in the past (exception for spider phobics:

past mild to moderate depressive episode and/or current or past specific phobia of the animal typus)

3. Medication (Benzodiazepine, Barbiturate)

4. Neurological disorder (especially epilepsy)

5. Dementia

6. Injury of the central nervous system

7. Hearing disorder (also tinnitus anamnestic), subjective auditory hypersensitivity (like hyperacusis)

8. Regular nicotine consumption (>5 cigarettes/day)

9. Known allergy to bites of insects or arachnids

**Date of first enrolment**

01/03/2022

**Date of final enrolment**

31/12/2023

## **Locations**

**Countries of recruitment**

Germany

**Study participating centre**

**University of Siegen**

Obergraben 23

Siegen

Germany

57072

## **Sponsor information**

**Organisation**

University of Siegen

**ROR**

<https://ror.org/02azyry73>

## **Funder(s)**

**Funder type**

University/education

**Funder Name**

Medizinische Fakultät, Westfälische Wilhelms-Universität Münster

**Alternative Name(s)**

Medical Faculty Münster, Medical Faculty, WWU Münster, Medizinische Fakultät Münster

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Local government

**Location**

Germany

**Funder Name**

German Society for Psychology: Biological Psychology and Neuropsychology

**Funder Name**

Movisens

## Results and Publications

**Individual participant data (IPD) sharing plan**

Data are available upon reasonable request.

Kati.Roesmann@uni-siegen.de, breuerfa@uni-muenster.de

**IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>		19/12/2023	08/01/2024	Yes	No
<a href="#">Statistical Analysis Plan</a>	A SAP on planned analyses of data obtained during the baseline assessment version 1.0	30/11/2022	09/12/2022	No	No
<a href="#">Statistical Analysis Plan</a>	A SAP on planned analyses of data obtained during the intervention assessment version 1.0		12/04/2023	No	No
<a href="#">Statistical Analysis Plan</a>			02/09/2024	No	No