

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

NAC add on to the treatment of refractory obsessive compulsive disorder

Protocol summary

Summary

Several case reports have reported efficacy of anti-glutamatergic medications for the treatment of OCD. The objective of this study was to investigate the efficacy of NAC, an anti-glutamatergic medication with a unique pharmacodynamic profile, in individuals with resistant OCD. Participants in this study will be 72 Patients referred to the Anxiety Disorders Clinic of Farshchian Hospital of Hamadan and Noor Hospital of Isfahan who have resistant Obsessive Compulsive Disorder, and are accepted for treatment at the clinics. The patients will be divided randomly in two groups to receive either 2400 mg NAC (4 tablets) or placebo for 12 weeks. Severity of OCD will be measured with YBOCS and CGI Scale at the baseline and every 4 weeks during intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138806101743N2**

Registration date: **2009-10-12, 1388/07/20**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2009-10-12, 1388/07/20

Registrant information

Name

Mohammad Haghighi

Name of organization / entity

Research Center for Behavioral Disorders and Substance Abuse, Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1827 4184

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2009-09-23, 1388/07/01

Expected recruitment end date

2010-04-21, 1389/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

NAC add on to the treatment of refractory obsessive compulsive disorder

Public title

NAC add on to the treatment of refractory obsessive compulsive disorder: A double-blind clinical trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Suffering from OCD, taking a therapeutic dose of a SSRI or Clomipramine, at least for 12 weeks, Y_BOSC score of 16 or greater Exclusion criteria: primary diagnosis of psychosis or bipolar mood disorder, substance abuse or dependency, uncontrolled medical condition, having had a previous trial of Memantine, pregnancy or breast feeding, rising liver enzymes to more than twice of normal range during intervention, presence of epilepsy, presence of suicidal thinking, presence of MDD

Age

No age limit

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**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees1**Ethics committee****Name of ethics committee**

Hamadan University of Medical Sciences

Street address

Hamadan University of Medical Sciences

City

Hamadan

Postal code**Approval date**

2009-05-10, 1388/02/20

Ethics committee reference number

38378/9/35/16/پ

Health conditions studied1**Description of health condition studied**

Obsessive-compulsive disorder

ICD-10 code

F42

ICD-10 code description

Obsessive-compulsive disorder

Primary outcomes1**Description**

Severity of symptoms of OCD

Timepoint

Baseline and every 4 weeks

Method of measurement

Y_BOCS and CGI Scale

Secondary outcomes

empty

Intervention groups1**Description**

NAC, 2400 mg, daily, for 12 weeks

Category

Treatment - Drugs

2**Description**

Placebo, 2400 mg, daily, for 12 weeks

Category

Treatment - Drugs

Recruitment centers1**Recruitment center****Name of recruitment center**

Anxiety Clinic of Farshchian Hospital

Full name of responsible person

Dr.Hafezian

Street address

Farshchian Hospital

City

Hamadan

2**Recruitment center****Name of recruitment center**

Noor Hospital of Isfahan

Full name of responsible person

Dr. Hamid Mohammadbeigi

Street address

Ostandary street

City

Isfahan

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Research Center for Behavioral Disorder and Substance Abuse, Hamadan University of Medical Sciences

Full name of responsible person

Dr Ali Ghaleiha

Street address

Honarestan street.Farshchian Hospital

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Center for Behavioral Disorder and Substance Abuse, Hamadan University of Medical Sciences

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

Full name of responsible person

Hamid Mohammadbigi

Position

Psychiatrist, Assdistant Professor

Other areas of specialty/work

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Fax

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Web page address

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Web page address

Person responsible for updating data

Contact

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