

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Impact of the cognitive analytic therapy on quality of life and reduce the symptoms and Mental Health of patients with Obsessive-compulsive Disorder

Protocol summary

Summary

In this study because of the difficulties and limited impact of new treatment modalities obsessive-compulsive disorder , using effective and recommended cognitive analytic therapy (CAT) seems necessary. So due to its proved effectiveness Personality structures, reduction of preoccupation and cognitive restructuring employed in the test. Therefore the goal of this study is to investigate the influence of CAT in reducing symptoms, and to improve the quality of life and mental health of patients with OCD. According to the history of the research about the effectiveness of treatment process, the treatment plan was developed and approved by supervisor. Then all patients (40 people)with OCD who attended in Psychiatric clinic and Rehabilitation Center based on interviews and entry criteria (having a diagnosis of chronic obsessive compulsive) and exclusion (absence of other Psychiatric disorders and using of any Psychological treatment during past three months), 24 patients were selected and assigned in two groups (experimental and control) that this number decreased to 20 at the end of data analysis. Necessary assessment was done about these two groups before intervention. In the experimental group interventions, individual therapy sessions was presented over three months, in 16 sessions with 50 minutes each. Then re-assessment and follow-up period in both groups (three months after the intervention) was performed. The outcome is expected to be reducing symptoms, improving quality of life and mental health. This outcome variable is severity of signs in quality of life and mental health.

General information

Acronym

CAT-OCD

IRCT registration information

IRCT registration number: **IRCT2013030612721N1**

Registration date: **2013-07-07, 1392/04/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-07, 1392/04/16

Registrant information

Name

Azita yousefi

Name of organization / entity

Semnan University of Medical Sciences and Research

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Recruitment status

Recruitment complete

Funding source

personal

Expected recruitment start date

2012-11-20, 1391/08/30

Expected recruitment end date

2013-02-18, 1391/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Impact of the cognitive analytic therapy on quality of life and reduce the symptoms and Mental Health of patients with Obsessive-compulsive Disorder

Public title

Study cognitive analytic in Obsessive-compulsive Disorder(OCD)

Purpose

Treatment

Inclusion/Exclusion criteria

All patients were obsessed with the following inclusion criteria: age requirement from 35 to 45 - chronic psychiatric diagnosis (at least the past two years of diagnosis is taken) -common drug therapy - Diploma grade in education- Exclusion criteria included having an axis I psychiatric disorders other than OCD, drug dependency - physical illness - organic mental syndrome, addiction and psychological treatment in the past 3 months .

Age

From **30 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

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**

Semnan University of Medical Sciences and Research(Islamic Azad University)

Street address

5km roal Damghan,semnan.

City

Semnan

Postal code**Approval date**

2012-11-21, 1391/09/01

Ethics committee reference number

62220701912001

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

Obsessive-compulsive Disorder

ICD-10 code

F42

ICD-10 code description

Obsessive-compulsive disorder

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

symptoms intensity in patients with Obsession compulsion disorder

Timepoint

Before - after treatment - 3 months after treatment

Method of measurement

Yale- Brown Obsessive- Compulsive Scale Y (Y- BOCS)

2**Description**

quality of hife in OCD

Timepoint

Before the intervention-After intervention-3 months after intervention.

Method of measurement

SF36

3**Description**

Mental Health

Timepoint

Before - after treatment - 3 months after treatment

Method of measurement

Mental Health Inventory

Secondary outcomes

empty

Intervention groups**1****Description**

In this case, for treatment of obsessive-compulsive disorder and for relative decrease symptoms of cognitive analytical methods Cognitive analytic therapy is used which calls for (CAT). This treatment emphasis on combination of Psychodynamic therapy and cognitive therapy. The basis of the treatment consists on analysis of history of disorder, Interaction during the development period and evaluation of patient and symptoms history. The most effective action in this treatment focuses on the learning of placement strategies, attention to current problems and looking at the formation of it during

developmental growth. This treatment focuses on the problems of patients who were currently using a psychodynamic approach. And the formation of the current problem and the scheme is defective. And finally gain insight into the patient exordium developmental problems and sequential diagrammatic reformulation (SDR) using the Interventions cognitive restructuring and modification of signs Disorder. These treatments has done for 16 individual sessions of 55 minutes for every 10 person sample of experiment group. This Intervention was conducted in the experiment group and the control group did not receive any of Intervention.

Category

Other

2

Description

all 10 patients in control group, the groups were matched according to variables mentioned before. Receiving the same drug therapy and joint assessment tool specified at the start and the end of the intervention and follow-up period (3 months after treatment). control group received no intervention and attend just as the control group in the present study.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Markaz Treatment and Rehabilitation Ravan Sabz

Full name of responsible person

Street address

No 33, Boulevard Hakim Elahi, Semnan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Council of Islamic Azad University

Full name of responsible person

Dr. Eshagh Rahimiyan

Street address

5 kilometer road Damghan

City

Semnan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Council of Islamic Azad University

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

Ravan Sabz Treatment and Rehabilitation Center

Full name of responsible person

Azita Yousefi

Position

MA Clinical Psychology

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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