

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

comparing the effectiveness of acceptance and commitment therapy (ACT), selective serotonin reuptake inhibitors (SSRIs), and the combination of ACT and SSRIs in the treatment of adults with OCD.

Protocol summary

Summary

The aim of this study was to compare the effectiveness of acceptance and commitment therapy, selective serotonin reuptake inhibitors, and the combination of acceptance and commitment therapy and selective serotonin reuptake inhibitors in the treatment of adults with Obsessive Compulsive Disorder. Thirty-two outpatients with Obsessive Compulsive Disorder were randomly assigned to one of three treatment conditions: acceptance and commitment therapy, selective serotonin reuptake inhibitors, and combined treatment. The Yale-Brown Obsessive-Compulsive Scale, Beck Depression Inventory-II-Second Edition, Beck Anxiety Inventory, World Health Organization Quality of Life-BREF, and Acceptance and Action Questionnaire were administered at pre- and post-treatment. The Yale-Brown Obsessive-Compulsive Scale, Beck Depression Inventory-II-Second Edition, Beck Anxiety Inventory, and Acceptance and Action Questionnaire were also administered in the middle treatment. Twenty-seven patients completed the study. Acceptance and commitment therapy was based on an acceptance and commitment therapy manual for OCD developed by Twohig (2007). The patients in drug group received a different selective serotonin reuptake inhibitor (sertraline=50-200 mg/d; fluoxetine=20-80 mg/d) for 10 weeks, which was monitored by two psychiatrists. The combination group received both ACT and a different selective serotonin reuptake inhibitor (sertraline=50-200 mg/d; fluoxetine=20-80 mg/d) for 10 weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013042713145N1**
Registration date: **2013-05-17, 1392/02/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-05-17, 1392/02/27

Registrant information

Name

Yaghoob Vakili

Name of organization / entity

Tehran University of Medical Sciences, Tehran psychiatric institute

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2012-02-04, 1390/11/15

Expected recruitment end date

2013-03-16, 1391/12/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparing the effectiveness of acceptance and commitment therapy (ACT), selective serotonin reuptake

inhibitors (SSRIs), and the combination of ACT and SSRIs in the treatment of adults with OCD.

Public title

Comparing The Effectiveness of Acceptance and Commitment Therapy, Pharmacotherapy, and their combination in the Treatment of Obsessive-Compulsive Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : a primary diagnosis of OCD according to DSM-IV-TR ; age between 18 to 50 years; OCD symptoms duration of at least 1 year; Exclusion criteria: having a current or past psychotic disorder ; suicidal tendencies; medical illness ; substance abuse disorder ; personality disorder; had been treated with either pharmacotherapy or psychotherapy in the 1 month preceding baseline; patients with other axis I disorders (except anxiety disorders and major depression disorder and dysthymia disorder) and axis II disorders

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

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

Tehran University of Medical Sciences

Street address

Tehran University of Medical Science, Sixth Floor,
Ghods St, Keshavarz Blvd.

City

Tehran

Postal code

Approval date

2012-08-18, 1391/05/28

Ethics committee reference number

60101179621210291

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

obsessive - compulsive symptoms

Timepoint

pre-middle and post-treatment

Method of measurement

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

Secondary outcomes

1

Description

Depression

Timepoint

pre-middle and post treatment(tenth week)

Method of measurement

Beck Depression Inventory-II-Second Edition (BDI-II)

2

Description

Anxiety

Timepoint

pre-middle and post treatment(tenth week)

Method of measurement

Beck Anxiety Inventory (BAI)

3

Description

experiential avoidance

Timepoint

pre-middle and post treatment(tenth week)

Method of measurement

Acceptance and Action Questionnaire (AAQ)

4

Description

Quality of Life

Timepoint

pre-and post treatment(tenth week)

Method of measurement

World Health Organization Quality of Life-BREF

(WHOQOL-BREF)

Intervention groups

1

Description

ACT was based on an ACT manual for OCD developed by Twohig (10). A Ph.D. clinical psychologist (first author) under the supervision of an experienced clinical psychologist in treating OCD provided ACT. The ACT program included evaluating the patient's obsessions and compulsions (session 1); The "Man in the hole" metaphor was used to illustrate how the patient's efforts to regulate obsessions are ineffective (session 2); The "Tow scales" metaphor was used to illustrate the possible benefits of acceptance of obsessions and anxiety rather than attempting to control or reduce them (sessions 3 and 4); using defusion, contact with the present or mindfulness, and self as context exercises (sessions 5 and 6); recognize his values; and preventing relapse (sessions 7 and 8).

Category

Behavior

2

Description

The patients in drug group received a different SSRI (sertraline=50-200 mg/d; fluoxetine=20-80 mg/d) for 10 weeks, which was monitored by two psychiatrists.

Category

Treatment - Drugs

3

Description

The combination group received both ACT and a different SSRI (sertraline=50-200 mg/d; fluoxetine=20-80 mg/d) for 10 weeks.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran psychiatric institute

Full name of responsible person

banafsheh gharraee

Street address

No 1, Shahid Mansouri Alley, niayesh St, Sattarkhan Ave

City

Tehran

2

Recruitment center

Name of recruitment center

Tehran University Counseling Center

Full name of responsible person

Hamid Peiravi

Street address

Eghelab Aen, Edward brown Ave, No 15, F 6.

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Science

Full name of responsible person

Dr Rahimnia

Street address

Shahid Hemmat Campus, Shahid Chamran and Sheikh Fazlullah Nuri Intersection, Shahid Hemmat West Highway

City

Tehran

Grant name

02/123700/91

Grant code / Reference number

30121

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

Yes

Title of funding source

Tehran University of Medical Science

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

Tehran psychiatric institute

Full name of responsible person

yaghoob vakili

Position

Ph.D student in clinical psychology

Other areas of specialty/work

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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