

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of the efficacy of acceptance and commitment therapy in reducing anxiety and obsessive-compulsive symptoms in people with obsessive-compulsive disorder with control group

Protocol summary

Study aim

The main goal of this study is to determine the effectiveness of Acceptance and Commitment Therapy in adolescents with Obsessive-Compulsive disorder.

Design

randomized controlled clinical trial

Settings and conduct

All participants completed demographic questionnaires and Yale Brown's obsessive-compulsive scales for children and anxiety inventory questionnaires before and after the interventions and then immediately after the completion of the course. The intervention is based on the Armstrong and Twohig program (2011). This program runs for 8 sessions per hour in the clinic of the Tehran Psychiatric Institute. The experimental group is in the intervention of this program. And the control group remain in waiting list. The total time of this study will be about one year.

Participants/Inclusion and exclusion criteria

the inclusion criteria will be the 12 to 17 year-old adolescents who are referred to the clinic of the Tehran Psychiatric Institute (Faculty of Behavioral Sciences and Mental Health) and have received OCD diagnosis. Exclusion criteria include: getting a new psychiatric drug for the past thirty days, or the possibility of changing and starting a new drug during the study, a psychotic disorder, and any cognitive impairment that prevents from participating in the research.

Intervention groups

The intervention group will receive treatment based on acceptance and commitment therapy. The control group does not receive any intervention and remains in the waiting list.

Main outcome variables

Providing an effective and evidence-based treatment for obsessive-compulsive disorder in adolescents with OCD disorder

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20141108019855N5**

Registration date: **2018-08-24, 1397/06/02**

Registration timing: **prospective**

Last update: **2018-08-24, 1397/06/02**

Update count: **0**

Registration date

2018-08-24, 1397/06/02

Registrant information

Name

Samira Masumian

Name of organization / entity

Tehran Psychiatry Institue

Country

Iran (Islamic Republic of)

Phone

+98 21 3349 6990

Email address

samira.masumian@yahoo.com

Recruitment status

Recruitment complete

Funding source

The costs of this study will be provided by the Student Research Committee of Iran University of Medical Sciences.

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2019-04-21, 1398/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the efficacy of acceptance and commitment therapy in reducing anxiety and obsessive-compulsive symptoms in people with obsessive-compulsive disorder with control group

Public title

Acceptance and commitment therapy for adolescent with obsessive - compulsive disorder

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

the 12 to 17 year-old adolescents who are referred to the clinic of the Tehran Psychiatric Institute (Faculty of Behavioral Sciences and Mental Health) receiving OCD diagnosis by psychiatrist confirming OCD diagnosis by K-SADS test

Exclusion criteria:

getting a new psychiatric drug for the past thirty days
the possibility of changing and starting a new drug during the study
a psychotic disorder
any cognitive impairment that prevents from participating in the research

Age

From **12 years** old to **17 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The present study will include 12 to 17 year-old adolescents who are referred to the clinic of the Tehran Psychiatric Institute (Faculty of Behavioral Sciences and Mental Health) and have received OCD. Once diagnosed by the psychiatrist, to confirm the diagnosis, the K-SADS test will be run by a trained and experienced psychologist. The final sample will consist of 30 participants who will be randomly assigned in either control or experiment groups. To this purpose, the names of all participants will be written and placed in a container. And the other container will contain 30 sheets, on 15 of which will be written control and 15 other experiment. Then two sheets will be drawn from each container. Finally, the name of the individual and the selected group will be written in a list. This work is repeated so that everyone were placed in the control and experiment groups.

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**

Iran University of Medical Sciences

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Hemat Highway, Iran University of Medical Sciences

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Postal code

1449614535

Approval date

2017-09-10, 1396/06/19

Ethics committee reference number

IR.IUMS.REC 1396.29976

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**

anxiety

Timepoint

pretest. one month after beginning, posttest (at the end of 8 session)

Method of measurement

Cattle anxiety scale

2**Description**

OCD symptoms

Timepoint

pretest, one month after beginning, AND posttest (at the end of 8 session)

Method of measurement

Yale-Brown Obsessive Compulsive Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:Acceptance and Commitment Therapy is based on the Armstrong and Twohig Model (2011) will be perform. This intervention is administered in eight weekly sessions lasting one hour .

Category

Treatment - Other

2

Description

Control group: waiting list

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Behavioral Sciences and Mental Health

Full name of responsible person

Mehri moradi, PhD student if clinical psychology

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Faculty of Behavioral Sciences and Mental Health, Shahid Mansouri avenue, Sattarkhan

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mehri.moradi87@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Center for Student Research and Technology Committees

Full name of responsible person

Zahra Mirzaee

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Center for Student Research and Technology Committees

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

Faculty of Behavioral Sciences and Mental Health

Full name of responsible person

Mehri Moradi

Position

PhD student

Latest degree

Master

Other areas of specialty/work

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Web page address**Email**

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Web page address**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

Because if the original data is released, the principle of privacy will be violated.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

The study will be reported as an article. And will be published in a credible journal

When the data will become available and for how long

It is not clear yet

To whom data/document is available

This issue depends on the rules of the magazine.

Under which criteria data/document could be used

In order to study and refer in later studies

From where data/document is obtainable

Related sites

What processes are involved for a request to access data/document

No need to request. And you can get a report by referring to the relevant journal.

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Faculty of Behavioral Sciences and Mental Health

Full name of responsible person

Mehri Moradi

Position

PhD student

Latest degree

Master

Other areas of specialty/work**Street address**

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