Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparing the Efficacy of Meta-Cognitive and Cognitive-Behavioral Therapy on Obsession and Compulsion symptoms of Patients with Obsessive-Compulsive Disorder (OCD)

Protocol summary

Summary

The Aim of this study is to compare key aspects of cognitive-behavioral model and meta-Cognitive therapy model for the treatment of obsessive-compulsive disorder and reducing secondary symptoms of OCD (such as anxiety, depression, emotional regulation, quality of life and functional) in addition to the disease's symptoms. Inclusion criteria were having a diagnosis of obsessive-compulsive disorders, aged between 20 to 50 years old, the consent of the subjects and completed consent form to participate in research and exclusion criteria were having simultaneously diagnosis of psychotic disorders, major depressive disorder, bipolar disorder , substance use disorders, alcohol and drug abuse, personality disorders and receiving the same simultaneously psychotherapy. The study population is 22 patients with obsessive-compulsive disorders, 20 to 50 year old men and women who were referred for OCD treatment are randomly assigned to two treatment groups. Two models of cognitive-behavioral treatment protocol based on the Clark (2004) and meta-cognitive therapy based on treatment protocol of Wels (2009) in 10 individual sessions. Results are compared in pre/post-test and follow-up. This comparison is based on a progressive model for clinical research from psychological treatment and Berkowitz and Gras. This could be the first step in comparison meta-cognitive approach cognitive-behavioral approach in OCD.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015012220728N1**
Registration date: **2015-05-16, 1394/02/26**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2015-05-16, 1394/02/26

Registrant information

Name

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Name of organization / entity

Behavioral Sciences Research Center of Shahid Beheshti University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Behavioral Sciences Research Center of Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Expected recruitment start date

2015-03-31, 1394/01/11

Expected recruitment end date

2015-09-30, 1394/07/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the Efficacy of Meta-Cognitive and Cognitive-Behavioral Therapy on Obsession and Compulsion symptoms of Patients with Obsessive-Compulsive Disorder (OCD)

Public title
Obsessive-Compulsive Disorder (OCD): Psychological Treatment
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: Having a diagnosis of obsessive-compulsive disorder, based on semi-structured interview SCID-I; Having aged between 20 to 50 years old; The consent of subjects, and completing the ethical consent form to participate in a research study. Exclusion Criteria: Having a concurrent diagnosis of psychotic disorders, major depressive disorder, bipolar disorder, neurological disorders that cause similar symptoms as OCD, substance abuse, alcohol and drugs abuse, Sever personality disorders; The need for psychiatric emergencies; Get medication and other drugs in relation to other psychological problems simultaneously with the present study.
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: **22**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shahid Beheshti University of Medical Sciences
Street address
Iran, Tehran Velenjak St. , Shahid Chamran Highway
City
Tehran
Postal code
Approval date
2015-02-14, 1393/11/25
Ethics committee reference number
102-13599

Health conditions studied

1

Description of health condition studied
Obsessive-compulsive disorder
ICD-10 code
F 42
ICD-10 code description
The essential feature is recurrent obsessional thoughts or compulsive acts. Obsessional thoughts are ideas, images, or impulses that enter the patient's mind again and again in a stereotyped form. They are almost invariably distressing and the patient oft

Primary outcomes

1

Description
severity of obsessive thoughts
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
Yale Brown scale (Y-BOCS)

2

Description
compulsive severity
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
Y-BOCS symptom severity checklist

3

Description
cognition
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
OBQ

4

Description
Metacognition
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
MCQ

Secondary outcomes

1

Description
Anxiety
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
Anxiety- BAI

2

Description
depression
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
depression- BDI

3

Description
emotional regulation
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
emotional regulation- DERS

4

Description
quality of life
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
WHOQOL

5

Description
function
Timepoint
Before the intervention, in the middle of intervention, after intervetion (three months after intervention), a month after intervention
Method of measurement
WHO DAS 2.0

Intervention groups

1

Description
CBT for OCD, protocol D.Clarck (2004) there will be 10 sessions and each session is 1 hour.
Category
Treatment - Other

2

Description
MCT for OCD, Protocol A.Wells (2009) there will be 10 sessions and each session is 1 hour.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Private and public psychiatric clinic
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Behavioral Sciences Research Center of Shahid Beheshti University of Medical Sciences
Full name of responsible person
shiam Ghanbari
Street address
Iran, Tehran Velenjak St. , Shahid Chamran Highway
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Behavioral Sciences Research Center of Shahid Beheshti 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

Behavioral Sciences Research Center of Shahid Beheshti University of Medical Sciences

Full name of responsible person

sepideh rajezi

Position

PhD candidate of clinical psychology

Other areas of specialty/work

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Street address

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Postal code

Phone

00

Fax

Email

Web page address

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