

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jul 2026

### Evaluation of Memantine effect as adjunctive therapy in patients with treatment-resistant obsessive-compulsive disorder (double-blind, controlled clinical trial)

#### Protocol summary

##### Summary

The aim of this study was to investigate the role of memantine as an augmentation treatment for obsessive-compulsive disorder for patients that have not responded to conventional therapies like antidepressants. In this study, patients between 18 and 40 years, who based on the criteria of DSM-V have obsessive-compulsive disorder, and were at least under 3 months of treatment with antidepressants at the maximum dose and have a score of 21 or above at the standard Yale-Brown Obsessive Compulsive Scale will be evaluated. In this study, 32 patients referred to Golestan hospital that have inclusion criteria and none of exclusion criteria enter the study by block randomization using 3 blocks divided into 2 groups. 16 patients are on drug group and 16 on placebo group. The study is double-blind. Drugs with a dose of 20 mg and placebos with the same appearance (including color, size and design) and identical packaging are given to patients. The response of patients to adjuvant treatment is measured via Yale-Brown Obsessive Compulsive Scale and score of patients is the primary outcome of this study.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015110324853N1**  
Registration date: **2016-01-11, 1394/10/21**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-01-11, 1394/10/21

##### Registrant information

##### Name

Leila Kouti

##### Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3373 8379

##### Email address

kouti-l@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Funds allocated for student thesis Doctor of Pharmacy by Ahvaz Jundishapur University of Medical Sciences

##### Expected recruitment start date

2015-12-16, 1394/09/25

##### Expected recruitment end date

2016-05-14, 1395/02/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluation of Memantine effect as adjunctive therapy in patients with treatment-resistant obsessive-compulsive disorder (double-blind, controlled clinical trial)

##### Public title

Memantine effect on treatment of drug resistant obsessive compulsive disorder

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: patients with known obsessive

compulsive disorder by DSM-V criteria; no other mental disorder; no other systemic disorder such as diabetes, hypertension, hyper and hypo thyroidism ;no alcohol intake and not a drug user; between 18 to 40 years old; the patient should be treated for at least 3 months with an antidepressant at highest dose and have a score of 21 or more in Yale-Brown Obsessive Compulsive Scale test. exclusion criteria: Pregnancy and nursing; Patients with a history of memantine use; Patients who do not sign the consent form.

#### Age

From **18 years** old to **40 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **32**

#### 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 committees

### 1

#### Ethics committee

##### Name of ethics committee

Ahvaz Jundishapur University of Medical Sciences

##### Street address

Golestan Highway, Ahvaz Jundishapur University of Medical Sciences

##### City

Ahvaz

##### Postal code

#### Approval date

2015-08-08, 1394/05/17

#### Ethics committee reference number

IR.AJUMS.REC.1394.314

## 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

patient's score in Y-BOCS test

#### Timepoint

before intervention and 8 weeks after the treatment

#### Method of measurement

Y-BOCS test

## Secondary outcomes

### 1

#### Description

Side effects

#### Timepoint

every week for 8 weeks of giving drug or placebo

#### Method of measurement

the list of memantine adverse effects

## Intervention groups

### 1

#### Description

Intervention group with active drug Memantine, 20 mg tablets one per day for 8 weeks

#### Category

Treatment - Drugs

### 2

#### Description

control group placebo tablets, one per day for 8 weeks

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Golestan hospital

##### Full name of responsible person

Setareh Razooghi

##### Street address

Golestan Hospital, Golestan Blvd.

##### City

Ahvaz

### 2

#### Recruitment center

##### Name of recruitment center

private office of Dr Sayyah

**Full name of responsible person**

Setareh Razooghi

**Street address**

Pharmacy School, Ahvaz Jundishapur University of  
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**City**

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**Fax**

**Email**

setareh\_razoughi@yahoo.com

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Pharmacy School, Ahvaz Jundishapur University of  
Medical Sciences, Golestan Blvd.

**Full name of responsible person**

Leila Kouti

**Position**

Clinical pharmacy specialist, Assistant professor

**Other areas of specialty/work**

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lkouti.pharmacotherapy@gmail.com

**Web page address**

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Deputy of research and technology development

**Full name of responsible person**

Nader Saki

**Street address**

Ground floor, Deputy of research and technology  
development, Ahvaz Jundishapur University of  
Medical Sciences, Golestan Blvd.

**City**

Ahvaz

**Grant name**

پایان نامه دکترای حرفه ای داروسازی

**Grant code / Reference number**

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

Yes

**Title of funding source**

Deputy of research and technology development

**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**

Pharmacy school

**Full name of responsible person**

Setareh Razooghi

**Position**

Pharmacy student

**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*