

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Comparative effectiveness of combination of exposure and response prevention (ERP) and pharmacotherapy versus transcranial direct current stimulation (tDCS) and pharmacotherapy in treatment of anxiety, depression, quality of life and obsessive compulsive symptoms in patients with obsessive-compulsive disorder.

Protocol summary

2016-07-26, 1395/05/05

Summary

The aim of this study was to compare the efficacy of two therapies in combination with medications for obsessive-compulsive disorder. For this reason 15 patients will be selected from who visit the Beheshti hospital of Zanjan and will divided in 2 groups randomly. The most important inclusion criteria is signing a written consent and lack of psychological treatments and supplements for at least one month before the study. The most important exclusion criteria is risks like suicidal/homicidal thoughts. This study is therapeutic intervention without placebo, not blind test. In the first session all patients will complete questionnaires for depression, anxiety, quality of life and signs of obsession and compulsion. These questionnaires will be completed again at the end of treatment. ERP treatment based on protocol of approximately 8-12 sessions and tDCS based on protocol of 10 sessions. The consequence of this trial will be use to compare the effectiveness of ERP and tDCS treatment in symptoms of depression, anxiety, quality of life and obsessive compulsive symptoms in patients with obsessive compulsive disorder.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016061728504N1**
Registration date: **2016-07-26, 1395/05/05**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

Registrant information

Name

Vida Yousefi Asl

Name of organization / entity

Zanjan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 24 3342 4766

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Recruitment status

Recruitment complete

Funding source

Zanjan University of Medical Sciences

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-07-22, 1395/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative effectiveness of combination of exposure and response prevention (ERP) and pharmacotherapy versus transcranial direct current stimulation (tDCS) and pharmacotherapy in treatment of anxiety, depression, quality of life and obsessive compulsive symptoms in patients with obsessive-compulsive disorder.

Public title

Exposure and response prevention (ERP) versus transcranial direct current stimulation (tDCS) in treatment of patients with obsessive-compulsive disorder.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Full diagnostic criteria of obsessive compulsive disorder; having a minimum grade education; the age range between 18-50 years; signing a written consent; lack of psychological treatments and supplements for at least one month before the study. Exclusion criteria: Risks like suicidal/homicidal thoughts; full criteria of personality disorders; full criteria of psychosis or psychotic 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: **15**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Zanjan University of Medical Sciences

Street address

Zanjan University of Medical Sciences, Azadi BLVD,
Zanjan, Iran

City

Zanjan

Postal code

4515613191

Approval date

2016-03-12, 1394/12/22

Ethics committee reference number

ZUMS.REC.1394.336

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 disorder

Timepoint

Pretest, Posttest, follow up after 1 month

Method of measurement

Yale-Brown obsessive compulsive scale

Secondary outcomes**1****Description**

Depression

Timepoint

Pretest, Posttest, follow up after 1 month

Method of measurement

The Beck Depression Inventory

2**Description**

Anxiety

Timepoint

Pretest, posttest, follow up after 1 month

Method of measurement

Beck anxiety inventory

3**Description**

Quality of life

Timepoint

pretest, posttest, follow up after 1 month

Method of measurement

quality of life questionnaire

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

Exposure And Response Prevention (ERP)

Category

Treatment - Other

2

Description

transcranial direct current stimulation (tDCS)

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Patients referred to the Beheshti clinic and Beheshti hospital.

Full name of responsible person

Street address

City

Zanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Soghrat Faghoh Zadeh

Street address

Zanjan University of Medical Sciences, Azadi BLVD,
Zanjan, Iran

City

Zanjan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zanjan 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

Zanjan University of Medical Sciences

Full name of responsible person

Mohsen Dadashi

Position

PhD in clinical psychology, Assistan professor of

zanjan university of medical sciences

Other areas of specialty/work

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Beheshti hospital, Sadi street, Zanjan, Iran

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Vida Yousefi Asl

Position

M.Sc. Candidate in Clinical Psychology

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

Name of organization / entity

Full name of responsible person

Vida Yousefi Asl

Position

Other areas of specialty/work

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vida.yousefi@zums.ac.ir

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