

# 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

##### Email address

vida.yousefi@zums.ac.ir

#### 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**

**Street address**

Beheshti hospital, Sadi street, Zanjan, Iran

**City**

zanjan

**Postal code**

**Phone**

+98 24 3353 4500

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mohsendadashi@zums.ac.ir

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**Person responsible for scientific inquiries**

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**Name of organization / entity**

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**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**

**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*