

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### The Effectiveness Of Acceptance and Commitment Group Therapy(ACT-G) on Obsessive Compulsive Symptom Severity, Depression, Ruminative thought and Psychological flexibility in Obsessive Compulsive Outpatients

#### Protocol summary

##### Summary

The aim of current study is examination the impact of Acceptance and Commitment Group Therapy on Obsessive-Compulsive symptom severity, depression, ruminative thought and psychological flexibility. Include criteria (being female, age between 18 and 45) and Exclude criteria (severe depression, changing dose of psychiatric medication or using other psychological methods) employed for sampling. Statistical population was all female with primary diagnosis of Obsessive-Compulsive Disorder in Kashan city. 32 outpatients female were selected. In a pilot project, they were randomly allocated to intervention group (that receive acceptance and commitment therapy as well as SSRI); n=16 and control group (that continue SSRI during study); n=16. Duration of intervention was 4 month in the spring of 2016. We expect this study show reduction in OCD symptom severity and psychological inflexibility as primary diagnosis.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016070528803N1**

Registration date: **2016-10-23, 1395/08/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-10-23, 1395/08/02

##### Registrant information

##### Name

Farzane Rohani

##### Name of organization / entity

Kashan University Of Medical Science

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3228 6565

##### Email address

rohani-fa@kaums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Kashan University Of Medical Sciences

##### Expected recruitment start date

2016-01-21, 1394/11/01

##### Expected recruitment end date

2016-04-04, 1395/01/16

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effectiveness Of Acceptance and Commitment Group Therapy(ACT-G) on Obsessive Compulsive Symptom Severity, Depression, Ruminative thought and Psychological flexibility in Obsessive Compulsive Outpatients

##### Public title

The Effectiveness of Acceptance and Commitment Group Therapy in the Treatment Of Obsessive Compulsive Disorder

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

inclusion criteria: primary diagnosis of OCD according to DSM-5; being female; age between 18 and 45; consent

and commitment for following study exclusion criteria: severe depression (up to 29 degree in BDI-II); bipolar or psychotic episode; intellectual disability; personality disorders; changing psychiatric medication or its dose 30 days before preceding baseline and during study; using other psychological method 30 days preceding baseline and during study

**Age**

From **76 years** old to **49 years** old

**Gender**

Female

**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)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

Research and Technology Management

**Street address**

Ravand highway, Kashan University of Medical Science

**City**

Kashan

**Postal code**

00988715981151

**Approval date**

2016-05-25, 1395/03/05

**Ethics committee reference number**

IR.KAUMS.REC.1395.18

**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 symptom severity

**Timepoint**

before intervention(baseline), after two month(post), two month after finishing intervention(follow-up)

**Method of measurement**

Yale-Brown Obsessive Compulsive Scale(Y-BOCS), Padua Inventory

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

depression severity, ruminative thought, psychological flexibility

**Timepoint**

before intervention(baseline), after two month(post), two month after finishing intervention(follow-up)

**Method of measurement**

Beck Depression Inventory: BDI-II, Rumination Response Scale: RRS, Acceptance and Action Questionnaire: AAQ-II

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

intervention group: acceptance and commitment group therapy and SSRIs

**Category**

Behavior

**2****Description**

control group: SSRIs

**Category**

Treatment - Drugs

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Kargarnejad Psychiatric Hospital

**Full name of responsible person**

Fateme Goreishi

**Street address**

Ravand 5km road, Kashan University Of Medical Science

**City**

Kashan

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Kashan University Of Medical Science

**Full name of responsible person**

Gholamali Hamidi

**Street address**

Ravand 5 km road, Kashan Medical Science Collection

**City**

Kashan

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Kashan University Of Medical Science

**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**

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MA student

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

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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*