Clinical Trial Protocol
Iranian Registry of Clinical Trials

26 Oct 2026

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

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Name of organization / entity

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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 flexiblity 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

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Kashan

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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 flexiblity

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
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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

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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