

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Effectiveness of metacognitive therapy in improving sign and symptoms and metacognitive beliefs and quality of life in patients with obsessive-compulsive disorder

Protocol summary

Summary

Objective:The pupose of this study was to determine the effectiveness of metacognitive therapy in improving sign and symptoms and metacognitive beliefs and quality of life in patients with obsessive-compulsive disorder .

Methods and Materials: In the present study we used non-congruent multiple baseline experimental single case study design. Three women with Obsessive - compulsive disorder(OCD) were selected from patients who refered to the counseling center of zanjan university of medical science in 2016 by using purposeful sampling method, along with diagnostic interview and Structured Clinical Interview for DSM-IV (SCID) based on disorders axis I. Patients underwent the treatment process subsequent to obtaining treatment requirements. Patients didn't have any other disorder. The efficacy of Metavognitive therapy Protocol was carried out in three phase of intervention (Baseline, 8 session treatment and 8 weeks follow-up) by using the Y-Brown obsessive - compulsive inventory, Meta cognition Questionnaire, Beck anxiety and depression Questionnaire,Thought action fusion Questionnaire and Quality of life short form Questionnaire. Data analyzed with visuals inspection, improvement percentage , Effect size and Reliable change index (RCI) strategies.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017040532460N1**
Registration date: **2017-04-05, 1396/01/16**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-04-05, 1396/01/16

Registrant information

Name

Nasim Nateghi

Name of organization / entity

Zanjan University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 936 579 7409

Email address

nasim.nateghi@zums.ac.ir

Recruitment status

Recruitment complete

Funding source

Zanjan University Of Medical Sciences

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-04-20, 1395/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of metacognitive therapy in improving sign and symptoms and metacognitive beliefs and quality of life in patients with obsessive-compulsive disorder

Public title

Effectiveness Of Metacognitive Therapy On Obsessive-Compulsive Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: having OCD diagnostic criteria; age between 18-40; average level education; not taking medication
Exclusion criteria: psychotic symptoms; suicidal thoughts; personality disorder; substance abuse; getting any other psychological interventions

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **3**

Randomization (investigator's opinion)

N/A

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 Science; Gavazang Road; Zanjan

City

Zanjan

Postal code

4513615788

Approval date

2016-03-20, 1395/01/01

Ethics committee reference number

ZUMS.REC.1395.53

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

Symptoms of obsessive-compulsive disorder

Timepoint

Three times before intervention, Four times during intervention, Two times after intervention

Method of measurement

Y-Brown Obsessive-Compulsive Inventory

Secondary outcomes

1

Description

Anxiety

Timepoint

Three times before intervention; Four times during intervention; Two times after intervention

Method of measurement

Beck-Anxiety Questionnaire

2

Description

Depression

Timepoint

Three times before intervention; Four times during intervention; Two times after intervention

Method of measurement

Beck-Depression Questionnaire

3

Description

Meta-Cognitive Beliefs

Timepoint

Three times before intervention; Four times during intervention; Two times after intervention

Method of measurement

Meta-Cognitive Questionnaire

4

Description

Thought Fusion

Timepoint

Three times before intervention; Four times during intervention; Two times after intervention

Method of measurement

Thought Fusion Questionnaire

5

Description

Quality Of Life

Timepoint

Three times before intervention; Four times during intervention; Two times after intervention

Method of measurement

p Wellbeing Index

Intervention groups

1

Description

In the present study we used non-congruent multiple baseline experimental single case study design. Three women with Obsessive - compulsive disorder(OCD) were selected from patients who referred to the counseling center of Zanzan University of Medical Science by using purposeful sampling method, along with diagnostic interview and Structured Clinical Interview for DSM-IV (SCID) based on disorders axis I. . The efficacy of Metacognitive therapy Protocol was carried out in three phases of intervention (Baseline, 8 session treatment and 8 weeks follow-up) by using the Y. Brown Obsessive-Compulsive Questionnaire; Beck Anxiety and Depression Questionnaire; Meta cognition Questionnaire, Thought fusion Questionnaire and Quality of life Questionnaire .

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Counseling Center Of Zanzan University Of Medical Science

Full name of responsible person

Mohammad Beigi

Street address

Zanzan University of Medical Science; End of Shahrak Karmandan; Zanzan

City

Zanzan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanzan University Of Medical Sciences

Full name of responsible person

Mahin Ganjkhani

Street address

Zanzan University Of Medical Sciences; At the beginning of Jomhoori Street; Azadi Square; Zanzan

City

Zanzan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zanzan 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

Zanzan University Of Medical Science

Full name of responsible person

Nasim Nateghi

Position

Student/Master

Other areas of specialty/work

Street address

Department Of Psychiatry And Psychology; Beheshti Hospital; Saadi Crossroad; Zanzan

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Mohsen Dadashi

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Assistance Professor/PHD

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Position

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Other areas of specialty/work**Street address**

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Postal code

5183755531

Phone

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Fax**Email****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