

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

Comparison of the Efficacy of Acceptance and Commitment Therapy and Cognitive-Behavior Therapy on experiential avoidance, values and symptom in adolescent Obsessive-Compulsive Disorder

Protocol summary

Summary

This study aims to compare the effectiveness of Acceptance and Commitment Therapy and Cognitive-Behavior Therapy in experience avoidance, values, and reducing symptoms in adolescent Obsessive-Compulsive Disorder patients. This study serves as a clinical trial and involves pre-and post-testing with control group assessment of effects. The population of study consists of all adolescent patients with Obsessive-Compulsive Disorder in Kashan. A non-random sample of 60 adolescent patients with primary diagnosis of OCD will be selected and randomly divided into two interventions (ACT and CBT) and one control groups. Assessment tools for this study include Obsessive Compulsive Inventory-Child Version (OCI-CV), The Avoidance and Fusion Questionnaire for Youth (AFQ-Y), and Valued Living Questionnaire (VLQ). The main outcome variables are experience avoidance, values, and OCD symptoms.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017032633144N1**
Registration date: **2017-09-02, 1396/06/11**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-02, 1396/06/11

Registrant information

Name

Mohammad Javad Shabani

Name of organization / entity

Department of Clinical Psychology, Faculty of

Medicine, Kashan University of Medical Sciences,
Kasha

Country

Iran (Islamic Republic of)

Phone

+98 77 3325 3153

Email address

shabani-mj@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2017-01-29, 1395/11/10

Expected recruitment end date

2017-05-10, 1396/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Efficacy of Acceptance and Commitment Therapy and Cognitive-Behavior Therapy on experiential avoidance, values and symptom in adolescent Obsessive-Compulsive Disorder

Public title

Comparison of the Efficacy of Acceptance and Commitment Therapy and Cognitive-Behavior Therapy on experiential avoidance, values and symptom in adolescent Obsessive-Compulsive Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: a diagnosis of obsessive-compulsive

disorder according to DSM-5; age range of 12-18 y/o; formal consent to participate in the study ;no history of brain trauma; major disabilities like mental retardation; no drug abuse history; absence of severe psychiatric conditions (e.g. schizophrenia and bipolar disorder). Exclusion criteria: past (1 year) and present history of psychological therapeutic interventions; absence in more than 2 sessions.

Age

From **12 years** old to **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Ethics committee of Kashan University of Medical Sciences and Health Services

Street address

Ravand highway, Kashan University of Medical Sciences

City

kashan

Postal code

Approval date

2017-01-18, 1395/10/29

Ethics committee reference number

IR.KAUMS.REC.1395.124

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

experiential avoidance

Timepoint

Before intervention (baseline), after two month (post)

Method of measurement

Avoidance and Fusion Questionnaire for Youth (AFQ-Y)

2

Description

values

Timepoint

Before intervention (baseline), after two month (post)

Method of measurement

Valued Living Questionnaire (VLQ)

3

Description

OCD symptoms

Timepoint

Before intervention (baseline), after two month (post)

Method of measurement

Obsessive Compulsive Inventory (OCI-CV) AND Children's Yale-Brown Obsessive Compulsive Scale (CY-BOCS)

Secondary outcomes

1

Description

therapeutic alliance

Timepoint

after intervention on experimental group

Method of measurement

Therapeutic Alliance Scale for Children: Youth Version

Intervention groups

1

Description

acceptance and commitment group therapy for 8 sessions of 1 hours on the intervention group + routine medical treatment

Category

Behavior

2

Description

Cognitive behavioural therapy (CBT) for 12 sessions of 1 hours on the intervention group+routine medical treatment

Category

Behavior

3

Description

Routine medical treatment + psychological training for 12 sessions of one hours for control group

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Kargarnejad Hospital

Full name of responsible person

hamidmohsenabadi

Street address

Ravand highway, Kashan University of Medical Sciences

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

Department of Clinical Psychology, Faculty of

Medicine, Kashan University of Medical Sciences, Kasha

Full name of responsible person

Mohammad Javad Shabani

Position

MSc

Other areas of specialty/work

Street address

Rvand 5Km road, Kashan Medical Science Collection

City

Kashan

Postal code

Phone

+98 31 5554 2305

Fax

Email

shabani-mj@kaums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Department of Clinical Psychology, Faculty of Medicine, Kashan University of Medical Sciences, Kasha

Full name of responsible person

Zahra Zanjani

Position

assistant professor

Other areas of specialty/work

Street address

Rvand 5Km road, Kashan Medical Science Collection

City

Kashan

Postal code

Phone

+98 31 5554 0021

Fax

Email

z_zanjani2005@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Department of Clinical Psychology, Faculty of Medicine, Kashan University of Medical Sciences, Kasha

Full name of responsible person

Mohammad Javad Shabani

Position

MSc

Other areas of specialty/work

Street address

Rvand 5Km road, Kashan Medical Science Collection

City

Kashan

Postal code

Phone

00

Fax

Email

shabani-mj@kaums.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