

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Comparison of the effectiveness of exposure and response prevention method and acceptance and commitment therapy on recovery of patients with obsessive-compulsive disorder receiving sertraline.

Protocol summary

Summary

The purpose of the study: Comparative effects of exposure and response prevention and acceptance and commitment therapy among patients with obsessive-compulsive disorder receiving sertraline. Design of the study: An experimental design using pre and post-test and a three-month follow up was used. The study population: all patients referred to private and public institutions at Sanandaj city who are being diagnosed by obsessive-compulsive psychiatrists and are under medical treatment for this disorder. The sample includes 45 people. The sampling method is purposeful in a manner accessible, and random allocation based on block redundancy is carried out on 15 individuals per block and three blocks. The random allocation will be as follows: Persons who get the Yale Brown score of 16 or higher will enter Form 1 and will be entered in the same form if they have the exit criteria. If they do not have the exit criteria, they will be transferred to Form 2. Setting and conduct: After arranging patients in the three groups and taking written consent for entering to the research, pre-test is carried out and after that, both groups will be treated. Intervention group 1: Exposure and response prevention therapy that will be delivered through 12 sessions. Each session will take 45 minutes and will be held once a week. The patients will be treated by sertraline (50-200 mg/d) by the psychiatrist at the same time prescribed for 12 weeks. Intervention group 2: Acceptance and Commitment therapy that will be delivered through 12 sessions. Each session will take 45 minutes and will be held once a week. The patients will be treated by sertraline (50-200 mg/d) by the psychiatrist at the same time prescribed for 12 weeks. Control group: The patients in this group will receive one sertraline tablet (50-200 mg/d) under the supervision of psychiatrist for 12 weeks, then post-test will be carried out at the end of therapy and 3 months later after the

end of the therapy. Inclusion criteria: age between 18 and 60 years old; minimum level of the third grade at primary school; satisfaction with the company in the research; diagnosis OCD according to DSM5 criteria; receiving the drug under the supervision of a psychiatrist; earn score 16 and over at Yale-Brown Obsessive Scale. Exclusion criteria: having severe personality disorder; psychotic symptoms (hallucination, delusions); having a physical illness; intellectual disability; Substance abuse. Intervention: Intervention included two groups of exposure and response prevention and acceptance and commitment therapy. Main outcome measures: Primary outcome measures will be OCD signs and symptoms. Secondary outcome measures will be subjective distress; obsessive rituals; control unwanted thoughts.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017081335675N1**

Registration date: **2017-11-02, 1396/08/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-11-02, 1396/08/11

Registrant information

Name

Mojgan Salavati

Name of organization / entity

Kurdistan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 87 3346 2102

Random allocation based on block redundancy is carried out on 15 individuals per block and three blocks.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kurdistan University of Medical Sciences

Street address

Kurdistan University of Medical Sciences, Pasdaran
Bld

City

Sanandai

Postal code

66141-18665

Approval date

2017-07-10, 1396/04/19

Ethics committee reference number

IR.MUK.REC.1396/77

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 symptoms

Timepoint

Before the intervention, after the intervention and 3 months after intervention

Method of measurement

The Yale Brown Obsessive-Compulsive Scale (Y-BOCS)

Secondary outcomes

1

Description

Subjective distress

Timepoint

Before the intervention, after the intervention and 3 months after intervention

Method of measurement

Subjective Unit Distress(SUD)

2

Description

Obsessive rituals

Timepoint

Before the intervention, after the intervention and 3 months after intervention

Method of measurement

Stop Signal Questionnaire (SSQ)

3

Description

Control unwanted thoughts

Timepoint

Before the intervention, after the intervention and 3 months after intervention

Method of measurement

Thought Control Questionnaire (TCQ)

Intervention groups

1

Description

Intervention group 1: Exposure and response prevention therapy that will be delivered through 12 sessions. Each session will take 45 minutes and will be held once a week. The patients will be treated by sertraline (50-200 mg/d) by the psychiatrist at the same time prescribed for 12 weeks.

Category

Behavior

2

Description

Intervention group 2: Acceptance and Commitment therapy that will be delivered through 12 sessions. Each session will take 45 minutes and will be held once a week. The patients will be treated by sertraline (50-200 mg/d) by the psychiatrist at the same time prescribed for 12 weeks.

Category

Behavior

3

Description

Control group: The patients in this group will receive one sertraline tablet (50-200 mg/d) under the supervision of psychiatrist for 12 weeks.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Family Psychiatry Clinic

Full name of responsible person

Dr Asrin Seyydosshohadayi

Street address

Family Psychiatry Clinic, Adab Street

City

Sanandaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Kurdistan University of Medical Sciences

Full name of responsible person

Dr Farzin Rezaei

Street address

Kurdistan University of Medical Sciences, Pasdaran Blvd

City

Sanandaj

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vice chancellor for research, Kurdistan University of Medical Sciences

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

University of Kurdistan

Full name of responsible person

Dr Mehdi Zemestani

Street address

University of Kurdistan, Pasdaran Blvd

City

Sanandaj

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

University of Kurdistan

Proportion provided by this source
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
University of Kurdistan
Full name of responsible person
Mojgan Salavati
Position
Master student
Other areas of specialty/work
Street address
University of Kurdistan, Pasdaran Blvd
City
Sanandaj
Postal code
66177-15175
Phone
+98 87 3346 2102
Fax
Email
mojgan.salavaty@gmail.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
University of Kurdistan
Full name of responsible person
Mehdi Zemestani
Position
PhD in Psychology
Other areas of specialty/work
Street address
University of Kurdistan, Pasdaran Blvd
City

Sanandag
Postal code
66177-15175
Phone
+98 8709124374452
Fax
Email
m.zemestan@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
University of Kurdistan
Full name of responsible person
Mojgan Salavati
Position
Master student
Other areas of specialty/work
Street address
University of Kurdistan, Pasdaran Blvd
City
Sanandaj
Postal code
66177-15175
Phone
+98 87 3346 2102
Fax
Email
mojgan.salavaty@gmail.com
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