

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The comparison of the efficacy of spiritual psycho therapy with cognitive behavioral therapy in groups on symptoms and related cognitive factors, religious obsession and spiritual health of clients with obsessive compulsive disorder

Protocol summary

Study aim

The comparison of the effectiveness of spiritual therapy and cognitive-behavioral therapy in patients with obsessive-compulsive disorder

Design

Sixty patients with obsessive-compulsive disorder will be selected by available sampling method and then will randomly be divided into two parallel equal experimental groups of spiritual intervention and cognitive behavioral intervention group.

Settings and conduct

Individuals in both groups complete the respective questionnaire before the relevant interventions at counselling center. After the end of the interventions and 3 months after that during follow up, the questionnaires will be given to the members again to complete them and the variables value will be checked.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with Obsessive-Compulsive disorder based on DSM-V diagnostic criteria diagnosed by psychiatrist. Non inclusion criteria: Concomitant disorders; having history of Bipolar disorder or Psychosis; history of drug abuse; developmental impairment and mental retardation.

Intervention groups

There are two intervention groups in this study. A group of Cognitive-Behavioral Therapy and the other group undergo Spiritual Therapy.

Main outcome variables

Obsession and compulsion symptoms, thought-action fusion, obsessive beliefs, religious obsession and spiritual health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180425039415N1**

Registration date: **2018-07-02, 1397/04/11**

Registration timing: **registered_while_recruiting**

Last update: **2018-07-02, 1397/04/11**

Update count: **0**

Registration date

2018-07-02, 1397/04/11

Registrant information

Name

Somayeh Alimadadi

Name of organization / entity

Semnan University

Country

Iran (Islamic Republic of)

Phone

+98 21 3370 5129

Email address

s.alimadadi@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-01, 1397/04/10

Expected recruitment end date

2018-11-01, 1397/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the efficacy of spiritual psychotherapy with cognitive behavioral therapy in groups on symptoms and related cognitive factors, religious obsession and spiritual health of clients with obsessive compulsive disorder

Public title

The efficacy of spiritual psychotherapy on obsessive-compulsive disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Getting detection of Obsessive-Compulsive disorder based on DSM V diagnostic criteria by psychiatrist Have reading and writing skills

Exclusion criteria:

Concomitant disorders diagnosed through the Persian version of the Structured Clinical Interview for I-axis Disorders (SCID) Having any systemic disorders including Cardiovascular disease Having history of Bipolar disorder, Psychosis, history of drug abuse, developmental impairment and mental retardation Drug use in the last 1 month Drug and alcohol use during the past 1 month Suicide attempt

Age

From **18 years** old to **60 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

Using simple random sampling, the subjects are randomly assigned to two groups of Spiritual Psychotherapy and Cognitive-Behavioral Therapy, and the central randomization method is used to hide the random allocation.

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 Semnan University of Medical Science

Street address

Central Setad of Semnan University of Medical Science, Basij Boulevard,

City

Semnan

Province

Semnan

Postal code

351973473

Approval date

2018-06-12, 1397/03/22

Ethics committee reference number

IR.SEMUMS.REC.1397.070

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

Obsession and Compulsion Symptoms

Timepoint

At the beginning of the study (before the intervention) and after the Intervention, after three months of follow-up

Method of measurement

Yale Brown Scale

2

Description

Obsessive Beliefs

Timepoint

At the beginning of the study (before the intervention) and after the intervention, after three months of follow-up

Method of measurement

Obsessive Beliefs Questionnaire

3

Description

Thought- Action Fusion

Timepoint

At the beginning of the study (before the intervention) and after the intervention, after three months of follow-up

Method of measurement

Thought- Action Fusion Scale

4

Description

Religious Obsession

Timepoint

At the beginning of the study (before the intervention) and after the intervention, after three months of follow-up

Method of measurement

Peen Inventory of Scrupulosity

5

Description

Spiritual Health

Timepoint

At the beginning of the study (before the intervention) and after the intervention, after three months of follow-up

Method of measurement

Spiritual Health Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Cognitive Behavioral intervention includes 10 treatment sessions of approximately 2 hours. The bulk of the program is the practices of Exposure and Response Prevention (Ritual) both in the treatment session and in the homework assignments, which adds to the difficulty of exposures as the treatment progresses.

Category

Behavior

2

Description

Intervention group 2: Spiritual intervention for Obsessive-Compulsive disorder is provided by Dr. Mohammadi et al (independent of other psychotherapies) In the Psychological Research Center of Roozbeh Hospital in Tehran. This treatment protocol is run in 10 60-minute sessions. At each treatment session, we attempt to reduce and correct obsessive beliefs through spiritual therapy components.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Rozbeh Hospital

Full name of responsible person

Somayeh Alimadadi

Street address

After Lashgar Cross Road, Karegar Jonobi Ave.

City

Tehran

Province

Tehran

Postal code

1333715914

Phone

+98 21 5541 9151

Email

somayeh.alimadadi@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Semnan- Psychology Faculty

Full name of responsible person

Dr Mahmood Najafi

Street address

Psychology Faculty of Semnan University, Mahdishahr,

City

Semnan

Province

Semnan

Postal code

356411156

Phone

+98 23 3362 4250

Email

psychology@semnan.ac.ir

Web page address

http://psy.semnan.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

This is a PHD Dissertation

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Semnan University

Full name of responsible person

Somayeh Alimadadi

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 2, Vaez Najaf Abadi Aley, Khorasan St, Khorasan Sq.

City

Tehran

Province

Tehran

Postal code

1176818371

Phone

+98 21 3370 5129

Fax**Email**

s.alimadadi@semnan.ac.ir

m_najafi@semnan.ac.ir

Person responsible for updating data**Contact****Name of organization / entity**

Semnan University

Full name of responsible person

Somayeh Alimadadi

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 2, Vaez Najaf Abadi Aley, Khorasan St, Khorasan Sq

City

Tehran

Province

Tehran

Postal code

1176818371

Phone

+98 21 3370 5129

Fax**Email**

s.alimadadi@semnan.ac.ir

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Semnan University

Full name of responsible person

Dr Mahmood Najafi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Education and Psychology Faculty of Semnan university, Mahdishahr.

City

Semnan

Province

Tehran

Postal code

3564111156

Phone

+98 23 3362 4250

Fax**Email****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

"No more information".

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Not applicable