

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Comparing effect of narrative therapy Based on attachment style and schema therapy on social anxiety, emotional self-awareness, vulnerability and attachment in patients with obsessive compulsive disorder

Protocol summary

Study aim

comparative effectiveness schema therapy and narrative therapy based on attachment, on emotional awareness, vulnerability and style attachment in patients with obsessive-compulsive disorder

Design

Sample size was determined for each group of 16 people. Among 80, 48 individuals were randomly selected and assigned to two intervention and control groups

Settings and conduct

This study was conducted at the research centers of Birjand University of Medical Sciences by a Ph.D. student of psychology . The data collection tool was supervised by a senior clinical psychologist who was trained . The three groups were performed in three stages before, after, and follow up.

Participants/Inclusion and exclusion criteria

The patients with obsessive-compulsive disorder, Patients were included if they had been diagnosed based on The fifth diagnostic and statistical manual of mental disorders , obtained a score greater than 4 for questions about three sachems (namely the emotional inhibition, emotional deprivation and vulnerability and failure , score of more than 5 in anxiety and avoidance attachment and score less than 5 in secure attachment.

Intervention groups

two groups schema therapy and narrative therapy and one control group

Main outcome variables

Scores of obsessive-compulsive disorder symptoms, vulnerability and failure schema and,scores of both anxiety and avoidance attachment styles in two intervention groups . increased emotional self-awareness score and scores of secure attachment style in two intervention groups,

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180207038656N1**

Registration date: **2018-09-03, 1397/06/12**

Registration timing: **retrospective**

Last update: **2018-09-03, 1397/06/12**

Update count: **0**

Registration date

2018-09-03, 1397/06/12

Registrant information

Name

Zahra Danaei

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2017-03-19, 1395/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing effect of narrative therapy Based on attachment style and schema therapy on social anxiety, emotional self-awareness, vulnerability and attachment in patients with obsessive compulsive disorder

Public title

effect of narrative therapy and schema therapy on obsessive-compulsive disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients were included if they had been diagnosed with OCD based on DSM-5 criteria obtained a score greater than 10 for Yale-Brown Obsessive-Compulsive Scale obtained a score greater than 4 for questions about four schemas (namely the emotional inhibition, emotional deprivation, failure and vulnerability), obtained a score greater than 5 for two insecure attachment avoidance and anxiety and a score less than 5 for secure attachment

Exclusion criteria:

lack of acute psychiatric disorder(include severe depression) , psychotic symptoms or drug abuse in the diagnosis of a psychiatrist were willing to participate in the study.

Age

From **16 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single 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 Birjand University of Medical Sciences

Street address

,Ghafari Blvd.

City

Birjand

Province

South Khorasan

Postal code

91948-78361

Approval date

2016-11-05, 1395/08/15

Ethics committee reference number

Ir.bums.REC.1395.182

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

An emotional self-awareness that includes the ability to understand your feelings and others and their ability to express them

Timepoint

At the beginning of the study , the end of the intervention and three months later

Method of measurement

Young Schema Questionnaire

2

Description

vulnerability, Individual cognitive attributes against disruptive triggers

Timepoint

At the beginning of the study , the end of the intervention and three months later

Method of measurement

Young Schema Questionnaire

3

Description

Attachment style, include : secure attachment , anxiety and avoidance insecure attachment

Timepoint

At the beginning of the study , the end of the intervention and three months later

Method of measurement

Attachment styles Questionnaire(Hawsen & Shaver

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Schema Therapy

Category

Treatment - Other

2

Description

Intervention group: Narrative Therapy based on attachment

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Research center

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Grant name

Grant code / Reference number

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

No

Title of funding source

Private

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

Birjand University of Medical Sciences

Full name of responsible person

zahra danaei

Position

research expert

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

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

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

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

Data Dictionary

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