

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Compare the Effectiveness of Group Therapy Combination of Acceptance and Commitment Therapy and Habit Reversal Training to Drug Therapy in Reducing Symptoms, Anxiety and Depression of Patients with Trichotillomania

Protocol summary

Study aim

Helping patients with trichotillomania by replacing cognitive therapy rather than drug therapy that has many side effects.

Design

Clinical trial with two intervention groups and a control group in which 30 patients will be assigned by random numbers table.

Settings and conduct

Volunteers participating in the study will be included in the various announcements distributed in the health centers of (Mashhad) and then (30 people) will be selected according to the inclusion criteria. Finally, they will be randomly divided into (three groups of 10 people). The interventions included the first group (receiving 10 sessions and each session for 100 minutes of group therapy combination of habit reversal training and acceptance and commitment treatment), the second group (receiving citalopram with a baseline of 40 mili gram per day, which reached 60 mili gram after 5 weeks and in general, this medication will last for 8 weeks) and the control group (receives only habit reversal training) in the (psychology clinic of the faculty of Educational Sciences of Ferdowsi University of Mashhad).

Participants/Inclusion and exclusion criteria

Inclusion criteria : people with trichotillomania who are between 18 and 50 years old and have at least elementary education. Exclusion criteria : lack of willingness to cooperate, other mental illnesses and other medical or psychological treatments.

Intervention groups

The first intervention group participates in 10 sessions and each session for 100 minutes of the group therapy combination of habit reversal training and treatment based on acceptance and commitment, the second group will receive citalopram with a baseline of 40 mili

gram, which will reach 60 mili gram after 5 week and the the control group receives only 5 sessions and each session is for 40 minutes habit reversal training.

Main outcome variables

Symptoms of trichotillomania, anxiety and depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181009041282N2**

Registration date: **2018-11-16, 1397/08/25**

Registration timing: **registered_while_recruiting**

Last update: **2018-11-16, 1397/08/25**

Update count: **0**

Registration date

2018-11-16, 1397/08/25

Registrant information

Name

Maliheh Eshaghzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5222 6011

Email address

eshaghzadehm2@thums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-21, 1397/09/30

Expected recruitment end date

2019-03-20, 1397/12/29

Actual recruitment start date

2018-10-22, 1397/07/30

Actual recruitment end date

2019-01-20, 1397/10/30

Trial completion date

2019-01-20, 1397/10/30

Scientific title

Compare the Effectiveness of Group Therapy Combination of Acceptance and Commitment Therapy and Habit Reversal Training to Drug Therapy in Reducing Symptoms, Anxiety and Depression of Patients with Trichotillomania

Public title

Comparison of the Effectiveness of Habit Reversal Training and Acceptance and Commitment Therapy to Drug Therapy on Patients with Trichotillomania

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Clinical and psychiatric diagnosis of trichotillomania, anxiety and depression Obtaining a minimum score in the Massachusetts General Hospital (MGH) hair pulling scale, beck depression inventory and beck anxiety inventory. Age 18 to 50 years old. Having at least elementary education. Discontinue psycho-drug treatment at least one month before entering the plan. Participants do not suffer from psychotic diseases that interfere with this research.

Exclusion criteria:

Unwillingness to cooperate in research People with other mental and neurological diseases People who receive different medical or psychological treatments

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

First of all, 30 subjects who had inclusion criteria were selected and then assigned to two intervention groups and one control group using random block and Randomization.com site.

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 Torbat Heydarieh University of Medical Sciences

Street address

Razi street

City

Torbat Heydarieh

Province

Razavi Khorasan

Postal code

9516915169

Approval date

2016-05-09, 1395/02/20

Ethics committee reference number

IR.THUMS.REC.1395.17

Health conditions studied**1****Description of health condition studied**

Trichotillomania

ICD-10 code

F63.3

ICD-10 code description

Trichotillomania

2**Description of health condition studied**

Anxiety

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

3**Description of health condition studied**

Depression

ICD-10 code

F32.9

ICD-10 code description

Major depressive disorder, single episode, unspecified

Primary outcomes**1****Description**

Frequency and severity of hair pulling disorder symptoms

Timepoint

At the beginning of the study and after the intervention

Method of measurement

Via The Massachusetts General Hospital (MGH) Hair-Pulling Scale

2

Description

Depression

Timepoint

At the beginning of the study and after the intervention

Method of measurement

Via Beck Depression Inventory

3

Description

Anxiety

Timepoint

At the beginning of the study and after the intervention

Method of measurement

Via Beck Anxiety Inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The first intervention group participates in 10 sessions and each session for 100 minutes of group therapy combination of habit reversal training and acceptance and commitment treatment. Acceptance and commitment therapy (ACT) encourages a person to accept what is beyond his control and commitment to social goals. In fact, ACT uses acceptance processes, mindfulness, and change in behavior and commitment to create psychological flexibility.

Category

Treatment - Other

2

Description

Intervention group: The second group receiving citalopram with a baseline of 40 mili gram per day, which reached 60 mili gram after 5 wee and in general, this medication will last for 8 weeks.

Category

Treatment - Drugs

3

Description

Control Group: The control group receives only 5 sessions and each session is for 40 minutes habit reversal training.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychology Clinic and Student Counseling Center of Ferdowsi University of Mashhad

Full name of responsible person

Samaneh Eshaghzadeh

Street address

Azadi square

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Phone

+98 51 3880 5000

Email

pr@um.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ferdowsi University of Mashhad

Full name of responsible person

Ahmad Reza Bahrami

Street address

Azadi square

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Phone

+98 51 3880 2512

Email

ar-bahrami@um.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ferdowsi University of Mashhad

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

s.eshaghzadeh0@gmail.com

Contact

Name of organization / entity
Torbat-Heidaria University of Medical Sciences
Full name of responsible person
Samaneh Eshaghzadeh
Position
Instructor
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
Razi street
City
Torbat Heydarieh
Province
Razavi Khorasan
Postal code
9516915169
Phone
+98 51 5222 6011
Email
s.eshaghzadeh0@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Torbat-Heidaria University of Medical Sciences
Full name of responsible person
Samaneh Eshaghzadeh
Position
Instructor
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
Razi street
City
Torbat Heydarieh
Province
Razavi Khorasan
Postal code
9516915169
Phone
+98 51 5222 6011
Email

Person responsible for updating data

Contact

Name of organization / entity
Torbat-Heidaria University of Medical Sciences
Full name of responsible person
Maliheh Eshaghzadeh
Position
Instructor
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Razi street
City
Torbat Heydarieh
Province
Razavi Khorasan
Postal code
9516915169
Phone
+98 51 5222 6011
Email
m.eshaghzadeh93@gmail.com

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

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

Informed Consent Form

Undecided - It is not yet known if there will be 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

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