# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

17 Sep 2026

## Effectiveness of attention cognitive rehabilitation on clinical and cognitive symptoms of obsession-compulsion disorder; A randomized clinical trial

## Protocol summary

**Study aim**
Evaluation of effectiveness of attention rehabilitation on clinical symptoms and cognitive impairment in patient with obsessive compulsive disorder

**Design**
Randomized clinical trial with control group

**Settings and conduct**
At first, patients with obsessive-compulsive disorder are divided into intervention and control groups randomly. All persons participated in the pre-test and then the intervention group participated in eight sessions of two-hour intervention according to the proposed protocol, then both groups will perform the post-tests and after a one-month follow-up, a cognitive assessment and evaluation of clinical symptoms will be performed again.

**Participants/Inclusion and exclusion criteria**
Inclusion criteria: age between 18-40 years old; the education at least six classes; the desire to participate in the study; new diagnosis of obsession; non attending in non-drug treatment sessions simultaneously. Exclusion criteria: existence simultaneous addiction; existence simultaneous disabling psychiatric disease؛; existence simultaneous neurological disease

**Intervention groups**
Participants in the intervention group are the patients with obsessive-compulsive disorder rehabilitation session are held at eight session for them. The control group consist of patients with obsessive-compulsive disorder that received only relaxation.

**Main outcome variables**
Obsession and cognitive impairment

## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20131130015589N3**
Registration date: **2019-09-23, 1398/07/01**
Registration timing: **registered_while_recruiting**

Last update: **2019-09-23, 1398/07/01**
Update count: **0**

**Registration date**
2019-09-23, 1398/07/01

**Registrant information**

**Name**
Arash Mani

**Name of organization / entity**
Shiraz University of Medical Sciences

**Country**
Iran (Islamic Republic of)

**Phone**
+98 71 3627 3070

**Email address**
mania@sums.ac.ir

**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2019-09-23, 1398/07/01

**Expected recruitment end date**
2020-09-22, 1399/07/01

**Actual recruitment start date**
empty

**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
Effectiveness of attention cognitive rehabilitation on clinical and cognitive symptoms of obsession-compulsion

disorder; A randomized clinical trial

**Public title**
Effectiveness of attention cognitive rehabilitation on clinical and cognitive symptoms of obsession-compulsion disorder

**Purpose**
Treatment

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Age between 18-45 The education at least six classes The desire to participate in the study New diagnosis of obsession Non attending in non-drug treatment sessions simultaneously

**Exclusion criteria:**
Existence simultaneous addiction Existence simultaneous disabling psychiatric disease Existence simultaneous neurological disease

**Age**
From **18 years** old to **45 years** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**

- Participant

**Sample size**
Target sample size: **40**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
Random allocation table

**Blinding (investigator's opinion)**
Single blinded

**Blinding description**
Study participants were kept blind.

**Placebo**
Used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

**1**

**Ethics committee**

**Name of ethics committee**
Ethics committee of shiraz university of medical sciences

**Street address**
Central building of shiraz university of medical sciences, Zand Avenue, Shiraz

**City**
Shiraz

**Province**
Fars

**Postal code**
7134814336

**Approval date**
2019-02-13, 1397/11/24

**Ethics committee reference number**
IR.SUMS.MED.REC.1397.415

## 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**
Measure of obsession

**Timepoint**
Before study, exactly after intervention and one month after intervention

**Method of measurement**
Yale brown obsessive compulsive test

**2**

**Description**
Cognitive impairment

**Timepoint**
Before study, exactly after intervention and one month after intervention

**Method of measurement**
Auditory verbal learning test,rey osterrieth complex figure test,symbol digit modality task ,letter number sequencing,backward digit spam task,forward digit spam task,letter digit modality task,trail making test A and B,verbal fluency,stroop test

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Intervention group: the patients with obsessive-compulsive disorder rehabilitation session are held at eight session for them. Subjects of sessions:1) pre-test and introduce attention, 2) introduce cognitive impairment in obsessive-compulsive disorder, 3) intervention training at the first level of attention, 4) intervention training at level of continuous attention, 5) intervention training at level of divided attention, 6) integration of techniques, 7) practice, 8) practice and

complete post-test

**Category**

Treatment - Other

**2**

**Description**

Control group: patients with obsessive-compulsive disorder that received only relaxation training.

**Category**

Treatment - Other

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

Imam reza clinic

**Full name of responsible person**

Anahita Amini

**Street address**

Namazi sq.

**City**

Shiraz

**Province**

Fars

**Postal code**

7134814734

**Phone**

+98 71 3212 7001

**Fax**

**Email**

emamreza@sums.ac.ir

**2**

**Recruitment center**

**Name of recruitment center**

Hafez hospitol

**Full name of responsible person**

Anahita Amini

**Street address**

Chamran blvd

**City**

Shiraz

**Province**

Fars

**Postal code**

7194634786

**Phone**

+98 71 3647 9531

**Email**

Hafez@sums.ac.ir

**3**

**Recruitment center**

**Name of recruitment center**

Ebne sina hospital

**Full name of responsible person**

Anahita Amini

**Street address**

Hafez Ave

**City**

Shiraz

**Province**

Fars

**Postal code**

7134814336

**Phone**

+98 71 3228 9600

**Email**

Sinahosp@sums.ac.ir

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Dr. Yunes Ghasemi

**Street address**

Central building of Shiraz University of Medical Sciences, Zand Avenue., Shiraz city

**City**

Shiraz

**Province**

Fars

**Postal code**

7134814336

**Phone**

+98 71 3230 5410

**Fax**

+98 71 3235 9317

**Email**

info@sums.ac.ir

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Shiraz University of Medical Sciences

**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

**Contact**

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Anahita Amini

**Position**
Resident
**Latest degree**
Medical doctor
**Other areas of specialty/work**
Psychiatrics
**Street address**
Central building of shiraz university of medical sciences, Zand Avenue, Shiraz city
**City**
Shiraz
**Province**
Fars
**Postal code**
7134814336
**Phone**
+98 713230541019
**Email**
Aminianahita27@gmail.com

## Person responsible for scientific inquiries

**Contact**
**Name of organization / entity**
Shiraz University of Medical Sciences
**Full name of responsible person**
Anahita Amini
**Position**
Resident
**Latest degree**
Medical doctor
**Other areas of specialty/work**
Psychiatrist
**Street address**
Central building of shiraz university of medical sciences, Zand Avenue, Shiraz city
**City**
Shiraz
**Province**
Fars
**Postal code**
7134814336
**Phone**
+98 713230541019
**Email**
Aminianahita27@gmail.com

## Person responsible for updating data

**Contact**
**Name of organization / entity**
Shiraz University of Medical Sciences
**Full name of responsible person**
Anahita Amini
**Position**
Resident
**Latest degree**
Medical doctor
**Other areas of specialty/work**
Psychiatrics
**Street address**
Central building of shiraz university of medical sciences, Zand Avenue, Shiraz city
**City**
Shiraz
**Province**
Fars
**Postal code**
7134814336
**Phone**
+98 713230541019
**Email**
Aminianahita27@gmail.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Yes - There is a plan to make this available
**Study Protocol**
Yes - There is 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**
Yes - There is a plan to make this available
**Clinical Study Report**
Yes - There is a plan to make this available
**Analytic Code**
Yes - There is a plan to make this available
**Data Dictionary**
Undecided - It is not yet known if there will be a plan to make this available
**Title and more details about the data/document**
Part of the data about the obsession
**When the data will become available and for how long**
6 momths after publishing results
**To whom data/document is available**
The Researchers working in academic and sciences center
**Under which criteria data/document could be used**
Nothing
**From where data/document is obtainable**
Aminianahita27@gmail.com
**What processes are involved for a request to access data/document**
Send formal letter
**Comments**