

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 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 hospital

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

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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 months 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