Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Clinical trials of Eye Movement Desensitization and Reprocessing (EMDR) and Exposure / Response Prevention (ERP) in reducing the anxiety and severity of symptoms in patients with obsessive-compulsive disorder with life stressful experiences.

Protocol summary

Study aim

Determine the effectiveness of EMDR and ERP combination protocols in reducing anxiety and severity of OCD with or without traumatic experience.

Design

Randomized controlled trial. Study population: patients with obsessive-compulsive disorder who referred to by psychiatrist for psychotherapy with OCD diagnosis. The target sample was screened using vital life events questionnaire and structured interview based on DSM-5 and positive OCD diagnosis and life traumatic experiences before the onset of the disease, based on the criteria for include and exclude the study in each of the two intervention groups Based on the Cohen formula, 25 people and considering the probability of falling in each group, 30 were randomly selected and assigned to two intervention groups.

Settings and conduct

The drop in patients with ERP is about 40 to 52 percent. Case studies have shown that the combination of Eye Movement Sensitivity (EMDR) with exposure and response avoidance (ERP) increases the percentage of recovery. In this clinical trial, OCD patients who referred for psychiatry to the psychiatric ward of 22 Bahman Qazvin Psychiatric Hospital were randomly assigned to 13 treatment sessions with one of the two EMDR + ERP protocols and the protocol ERP standard. Both groups are evaluated before, after and after three months after the end of treatment sessions with Beck Anxiety Inventory(BAI) and Yale-Brown Obsessive Compulsive Scale (Y-BOCS).

Participants/Inclusion and exclusion criteria

Patients with resistance to medical treatment with obsessive-compulsive disorder with a history of effective life stressful experience.

Intervention groups

1-Combined Group of Eye Movements and Reprocessing / Exposure and Response Prevention. 2- Exposure and Response Prevention

Main outcome variables

Assessment of anxiety; severity of OCD symptoms; Reliable Change Index (RCI)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190319043090N1**
Registration date: **2019-05-25, 1398/03/04**
Registration timing: **retrospective**

Last update: **2019-05-25, 1398/03/04**
Update count: **0**

Registration date

2019-05-25, 1398/03/04

Registrant information

Name

Mohammad Ebrahim Sarichloo

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-09, 1396/11/20

Expected recruitment end date

2018-07-16, 1397/04/25

Actual recruitment start date

2018-02-09, 1396/11/20

Actual recruitment end date

2018-07-16, 1397/04/25

Trial completion date

2018-12-21, 1397/09/30

Scientific title

Clinical trials of Eye Movement Desensitization and Reprocessing (EMDR) and Exposure / Response Prevention (ERP) in reducing the anxiety and severity of symptoms in patients with obsessive-compulsive disorder with life stressful experiences.

Public title

Comparison of the effectiveness of ERP and its combination with EMDR in the treatment of OCD

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

The primary diagnosis of OCD is according to the DSM-5 criteria, which will be determined by the clinical-structured clinical interview of SCID-I by clinical psychologists and experienced psychiatrists who have been trained in OCD evaluation. Score Y-BOCS ≥16 If there is depression, the secondary is OCD Age range 18 to 60 years Patients will receive a standard dose of SSRIs throughout the course of treatment under the supervision of a psychiatrist Minimum IQ of 80 / or minimum education in secondary school 2 / or equivalent. Declaration of satisfaction regarding participation in the research project (complete written consent).

Exclusion criteria:

The presence of comorbidities in either now or in the past other than depression. Drug abuse Enemy suicide attempt Psychiatric disorders due to medical conditions Personality disorders Receive simultaneously any psychological treatment currently for axis I disorders Dissatisfaction with the continuation and completion of the treatment process at each stage of the research

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**

Actual sample size reached: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization with respect to alignment

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 the University of Social Welfare and Rehabilitation Sciences

Street address

Department of Clinical Psychology, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1985713834

Approval date

2018-01-21, 1396/11/01

Ethics committee reference number

IR.USWR.REC.1396.301

Health conditions studied

1

Description of health condition studied

Obsessive- Compulsive Disorder

ICD-10 code

F42

ICD-10 code description

F40-F48 Neurotic, stress-related and somatoform disorders

Primary outcomes

1

Description

Severity of symptoms of obsessive- compulsive disorder

Timepoint

Pre-test pre-intervention-post-test after the completion of 13 sessions of therapy and follow up 3 months after the post-test stage

Method of measurement

Yale-Brown obsessive–compulsive scale (YBOCS)

Secondary outcomes

1

Description
Anxiety
Timepoint
Pre-test pre-intervention-post-test after the completion of 13 sessions of therapy and follow up 3 months after the post-test stage
Method of measurement
Beck Anxiety Inventori

Intervention groups

1

Description
Intervention group: Experimental group with pre / post test and follow-up :Intervention group 1: Implementation of the Eye Movement Desensitization and Reprocessing in combination with Exposure / Response Prevention protocol in a group of 30 randomly selected patients with OCD with experience of life-saving stress and drug resistance during 13 treatment sessions of 75 to 90 minutes.Assessments will be conducted in three stages: pre-test, post-test and follow-up of 3 months.
Category
Treatment - Other

2

Description
Control group: Implementation of the Exposure / Response Prevention Protocol (ERP) alone as the standard treatment for OCD in a group of 30 randomly selected patients with OCD with experience of life-threatening and resistant drug therapy in 13 treatment sessions of 75 to 90minutes.Assessments will be conducted in three stages: pre-test, post-test and follow-up of 3 months.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Qazvin 22 Bahman Psychiatric Hospital
Full name of responsible person
Dr.sayed Alireza Hajisayedjavdi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of social welfare and rehabilitation sciences
Full name of responsible person
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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
Research support
Proportion provided by this source
1
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
University of social welfare and rehabilitation sciences
Full name of responsible person
Mohammad Ebrahim Sarichloo
Position
Ph.D candidate of clinical psychology
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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
There is no further information
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not 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
Information on the main outcomes can be shared
When the data will become available and for how long
starting 3 months after publication
To whom data/document is available
only available for people working in academic institutions
Under which criteria data/document could be used
Use in meta analyzes
From where data/document is obtainable
mesarichloo@yahoo.com
What processes are involved for a request to access data/document
Send by request via e-mail and receive a reply in a month
Comments
Intervention protocols can be sent to university applicants in research fields provided that they are cited in scientific documents.