

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effectiveness of cognitive behavioral therapy based on exposure and response prevention on reduction of obsessive compulsive symptoms, changing P300 component and improving executive functioning in scrupulosity and contamination obsessions

Protocol summary

Study aim

Comparison of the effectiveness of cognitive behavioral therapy based on exposure and response prevention on reduction of obsessive compulsive symptoms, changing P300 component and improving executive functioning in scrupulosity with contamination obsessions patients

Design

This was an experimental singleblind randomized controlled trial. In this study, 60 individuals with obsessive-compulsive disorder selected by the use of convenience sampling method. They are included in two treatment groups and a control group. Before the intervention, Beck Depression Inventory, Yale-Brown Compulsive Compulsive Scale, Penn's Religious Compassion Questionnaire, Wisconsin Card Classification Test, and Event-Related Potential Record are performed on the subjects of the three groups. Each person in the intervention group is treated to exposure and prevent the response. After the intervention, the initial measurements will be repeated. To analyze the data, multivariate covariance analysis and Bonferroni's post hoc test are used.

Settings and conduct

Measurements of all three groups of study and treatment sessions of intervention groups are performed individually in Yazd Bahman Nourpsychiatry clinic. A model of the 24-channel electroencephalograph is used to record patterns of brain waves.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a minimum score on the Yale-Brown Practical Scale and Penn's Religious Compassion Inventory. Exclusion criteria: Comorbidities with Psychiatric disorders, anxiety, major depressive, bipolar, significant neurological disorder personality disorder, Consumption of the drug or simultaneous consumption of the drug for less than two years.

Intervention groups

The first intervention group: scrupulosity The second intervention group: OCD contamination control group

Main outcome variables

obsessive compulsive symptoms, P300 component, executive function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190514043591N1**

Registration date: **2019-08-28, 1398/06/06**

Registration timing: **registered_while_recruiting**

Last update: **2019-08-28, 1398/06/06**

Update count: **0**

Registration date

2019-08-28, 1398/06/06

Registrant information

Name

Farzad Farhoodi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 35 3827 5678

Email address

farzad.farhoodi@mail.um.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-29, 1398/05/07
Expected recruitment end date
 2019-08-29, 1398/06/07
Actual recruitment start date
 empty
Actual recruitment end date
 empty
Trial completion date
 empty

Scientific title
 The effectiveness of cognitive behavioral therapy based on exposure and response prevention on reduction of obsessive compulsive symptoms, changing P300 component and improving executive functioning in scrupulosity and contamination obsessions

Public title
 The effectiveness of cognitive behavioral therapy based on exposure and response prevention on reduction of obsessive compulsive symptoms in scrupulosity and contamination obsessions

Purpose
 Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Diagnosis of obsessive-compulsive disorder through a structured clinical interview based on DSM-IV criteria The minimum score for the diagnosis of obsessive-compulsive disorder in the Yale-Brown Compulsive Scale The minimum score for the diagnosis of obsessive-compulsive disorder in the Penn's Religious Observatory. Aged 18 to 55 years The minimum cycle level of education
Exclusion criteria:
 The risk of psychiatric disorder such as anxiety disorders, major depressive disorder, bipolar disorder, significant neurological disorder such as epilepsy, History of severe head injury Impaired vision and hearing Personality disorder Consumption of the drug or the simultaneous consumption of the drug in the last two years

Age
 From **18 years** old to **55 years** old

Gender
 Both

Phase
 N/A

Groups that have been masked

- Participant

Sample size
 Target sample size: **75**

Randomization (investigator's opinion)
 Randomized

Randomization description
 Simple randomization method is used to allocate individuals in groups

Blinding (investigator's opinion)
 Single blinded

Blinding description
 Participants were kept blind in this study

Placebo

Not used
Assignment
 Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ferdowsi University of Mashhad

Street address

Azadi Square, Mashhad, Razavi Khorasan Province, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Approval date

2019-07-29, 1398/05/07

Ethics committee reference number

IR.UM.REC.1398.049

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

obsessive compulsive symptoms

Timepoint

Before the intervention, After intervention

Method of measurement

Yale-Brown's Obsessive-Compulsive Scale Religious Penny Questionnaire

2

Description

Executive functioning

Timepoint

Before the intervention, After intervention

Method of measurement

Wisconsin Card Sorting Test

3

Description

P300 component

Timepoint

Before the intervention, After intervention

Method of measurement

ERP

Secondary outcomes

1

Description

Depression

Timepoint

Before the intervention, After intervention

Method of measurement

Beck scale

Intervention groups

1

Description

Intervention group 1: The group of scrupulosity patients under 10-15 sessions of exposure and response prevention.

Category

Treatment - Other

2

Description

Intervention group 2: The group of contamination patients under 10-15 sessions of exposure and response prevention.

Category

Treatment - Other

3

Description

Control group: They receive no intervention.

Category

N/A

Recruitment centers

1

Recruitment center**Name of recruitment center**

Bahman nourepsychiatry clinic

Full name of responsible person

Farzad Farhoodi

Street address

Kashani street

City

Yazd

Province

Yazd

Postal code

8918673935

Phone

+98 35 3629 2300

Fax**Email**

admin@bahmanclinic.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Ferdowsi University of Mashhad

Full name of responsible person

Dr Ali Mashhadi

Street address

Azadi Square, Mashhad, Razavi Khorasan Province, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Phone

+98 51 3880 5000

Fax**Email**

pr@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

Contact**Name of organization / entity**

Yazd University of Medical Sciences

Full name of responsible person

Hamid Mirhoseini

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Neuroscience

Street address

Central Building of Yazd University of Medical
Sciences, Bahonar Square, Yazd

City

Yazd

Province

Yazd

Postal code

9177948994

Phone

+98 51 3880 5000

Email

miehoseini.h@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ferdowsi University of Mahhad

Full name of responsible person

Javad Salehi Fadardi

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Azadi Square, Mashhad, Razavi Khorasan Province,
Iran

City

Mashad

Province

Razavi Khorasan

Postal code

9177948974

Phone

+98 51 3880 2415

Email

jsfadardi@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Ferdowsi University of Mahhad

Full name of responsible person

Farzad Farhoodi

Position

PhD Candidate

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Azadi Square, Mashhad, Razavi Khorasan Province,
Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948994

Phone

+98 51 3880 5000

Email

farzad_farhoodi@yahoo.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

Yes - There is 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

Yes - There is a plan to make this available

Title and more details about the data/document

The total potential data can be shared after
unidentifiable participant

When the data will become available and for how long

6 months after publication

To whom data/document is available

people working in academic institutions

Under which criteria data/document could be used

Confidential raw data for secondary analysis will be
available to researchers.

From where data/document is obtainable

farzad farhoodi 00989133590446

What processes are involved for a request to access data/document

Submit a proposal from prestigious academic institution

Comments