

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Effectiveness of Eye Movement Desensitization and Reprocessing(EMDR) plus Exposure / Response Prevention(ERP) in reducing obsessive-compulsive disorder symptoms associated with stressful life experiences: A randomized controlled trial.

Protocol summary

Study aim

Determine the effectiveness of eye movement desensitization and reprocessing plus exposure/ response prevention in reducing symptoms of obsessive-compulsive disorder(OCD).

Design

Two arm parallel group randomized trial with outcome assessment with follow-up after three months. Randomization based on the order of referral of patients in odd and even order.

Settings and conduct

1.Screening for Stressful Experiences of Patients with Obsessive-Compulsive Disorder Referred to Psychotherapy at 22 Bahman Hospital of Qazvin. 2.Randomized assignment of patients in two intervention groups. 3.Pre-test implementation 4. Performing 13 sessions of 75-90 minutes of treatment (including one follow-up session) using the protocol of each intervention. 5. Post-test implementation. 6. Perform follow-up 3 months after the post-test.

Participants/Inclusion and exclusion criteria

Inclusion criteria: The primary diagnosis of Obsessive-Compulsive Disorder (OCD), Secondary depression due to obsessive compulsive disorder, Age range 18 to 60 years Minimum IQ of 80 / or minimum education in secondary school 2 / or equivalent, Existence of life-threatening or stressful experiences Exclusion criteria: The presence of comorbidities in either now or in the past other than depression, substance abuse, Intent to commit suicide, Psychiatric disorders due to medical conditions, Personality disorders, Receive simultaneously any psychological treatment currently for axis I disorders

Intervention groups

Intervention group 1: Eye movement desensitization and reprocessing plus exposure/ response prevention group: 12 weekly 75-90 minute treatment sessions And a follow-

up session after three months (In total 13 sessions); Intervention group 2: exposure/ response prevention group:12 weekly 75-90 minute treatment sessions and a follow-up session after three months (In total 13 sessions)

Main outcome variables

Type and severity of obsessive-compulsive disorder symptoms

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190319043090N3**

Registration date: **2020-01-18, 1398/10/28**

Registration timing: **retrospective**

Last update: **2020-01-18, 1398/10/28**

Update count: **0**

Registration date

2020-01-18, 1398/10/28

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

Effectiveness of Eye Movement Desensitization and Reprocessing(EMDR) plus Exposure / Response Prevention(ERP) in reducing obsessive-compulsive disorder symptoms associated with stressful life experiences: A randomized controlled trial.

Public title

Effectiveness of Eye Movement Desensitization and Reprocessing(EMDR) plus Exposure / Response Prevention(ERP) in the treatment of OCD symptoms.

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

The primary diagnosis of Obsessive-Compulsive Disorder (OCD) is according to the Diagnostic and Statistical Manual of Mental Disorders(DSM-5) criteria, which will be determined by the clinical structured interview (SCID-I) Yale-Brown Obsessive-Compulsive Scale score is equal to or greater than 16 Secondary depression due to obsessive compulsive disorder Age range 18 to 60 years Minimum IQ of 80 / or minimum education in secondary school 2 / or equivalent. Existence of life-threatening or stressful experiences

Exclusion criteria:

The presence of comorbidities in either now or in the past other than depression. Substance abuse Intent to commit suicide Psychiatric disorders due to medical conditions Personality disorders Receive simultaneously any psychological treatment currently for axis I disorders Not receiving Selective Serotonin Reuptake Inhibitors(SSRI).

AgeFrom **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 random sampling is as follows: 1. Patients referred with obsessive-compulsive disorder diagnosis will first receive a structured clinical interview and then will be evaluated using the Traumatic Experiences

Questionnaire. 2- In the case of traumatic experiences in life according to the order of referral and considering the study inclusion and exclusion criteria, they will be assigned in one of two intervention groups. 3. Based on random selection, patients whose order of referral is odd will be assigned in the group of eye movements desensitization and reprocessing with exposure / response prevention, and patients whose order of referral is even number in the exposure / response prevention protocol group.

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

University of Social Welfare and Rehabilitation Sciences, kodakyar Ave., Daneshjo Blvd.,EvinTehran, Iran

City

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Province

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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

Obsessive-compulsive disorder

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

Severity of symptoms of obsessive- compulsive disorder

Timepoint
Pre-test pre-intervention, post-test after the completion of 12 sessions of therapy, 1 session for follow up 3 months after the post-test stage(13 sessions in total)

Method of measurement
Padua Inventory- Washington State University Revision (PI-WSUR) score

2

Description

Obsessive-Compulsive type

Timepoint

Pre-test pre-intervention, post-test after the completion of 12 sessions of therapy, follow up 3 months after the post-test stage(13 sessions in total)

Method of measurement

Type of obsessive-compulsive disorder according to Padua's Inventory- Washington State University Revision (PI-WSUR)

Secondary outcomes

1

Description

Severity of symptoms of obsessive- compulsive disorder

Timepoint

Post-test after the completion of 12 sessions of therapy and 1 session follow up 3 months after the post-test stage (13 sessions in total)

Method of measurement

Padua Inventory- Washington State University Revision (PI-WSUR) score

Intervention groups

1

Description

Intervention group 1: Experimental group with pre / post test and follow-up :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 12 treatment sessions of 75 to 90 minutes.Assessments will be conducted in three stages: pre-test, post-test and one session for follow-up of 3 months(13 sessions in total)

Description of Eye Movement Desensitization and Reprocessing Protocol with Exposure / Response Protocol: According to Shapiro's adaptive information processing model, EMDR involves the implementation of an eight-step protocol as follows: 1- Getting history and case formulation. 2- Preparation through ensuring that the client has the resources needed to manage the processing of distressing (annoying) information to achieve an adaptive solution. 3- Visual, cognitive, affective, and sensory elements of traumatic memory / memories are identified and the level of distress and the degree of belief in thoughts are measured. 4- The target

distressing memory or thought are invoked and simultaneously a series of eye movements are performed (or bilateral auditory and tactile stimulation). This continues until the level of subjective units of disturbance (SUD) and the validity of negative cognition (VOC) reaches zero. A memory is allowed to be processed when it no longer has any emotional or physical discomfort for the client. 5- Transition to a valid positive cognition is reinforced by greater bilateral stimulation. Installation and reinforcement of positive cognition is an essential component of EMDR achieved through a focus on patient's positive self-assessment and is critical to a positive therapeutic effect. 6- Body [tension] scan: The client can bring to mind a positive thought or memory without any physical tension. 7- Closure or terminating the session after the patient's stress [tension] is reduced and 8- Reevaluation: It includes a reassessment, which is repeated at the beginning of the next session.It was also used intermittently in sessions in combination with the exposure / response prevention protocol.

Category

Treatment - Other

2

Description

Intervention group 2: Experimental group with pre / post test and follow-up :Implementation of the Exposure / Response Prevention protocol in a group of 30 randomly selected patients with OCD with experience of life-saving stress and drug resistance during 12 treatment sessions of 75 to 90 minutes.Assessments will be conducted in three stages: pre-test, post-test one session for follow-up of 3 months(13 sessions in total). During treatment, patients were required to be exposed to stimuli (i.e. situations, thoughts, and senses) that invoke obsessive thoughts or disturbing [intrusive] emotions without obsessive rituals to reduce discomfort (response inhibition). Exposure was initially visualized (imaginary exposure), and after significant reduction in symptoms, the patient was exposed to anxiety revoking stimuli in the form of actual contact (in vivo exposure) and in the form of behavioral exercises. These methods were systematically based on a hierarchy of exposure tasks that became progressively more difficult.

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

Street address

22 Bahman psychiatric hospital, Parastar Alley, Rah-Ahan Street, Qazvin, Iran

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hospital.bahman@yahoo.com
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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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Email
Kh.ardakani@uswr.ac.ir
Web page address
<http://www.researchdeputy.uswr.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of social welfare and rehabilitation 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
University of social welfare and rehabilitation sciences
Full name of responsible person
Mohammad Ebrahim Sarichloo

Position

Ph.D candidate of clinical psychology

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Person responsible for updating data

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Position

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Latest degree

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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

No - There is not 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