

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Comparison of the Effectiveness of Cognitive Behavioral Therapy Based on Religious Islamic Aspects Cognitive Behavioral Integrative Therapy with Virtual Reality Exposure and Cognitive Behavioral Integrative Therapy Based on Religious Islamic Aspects with Virtual Reality Exposure in Patients with Obsessive-Compulsive Disorder with Religious Content Cognitive Behavioral Therapy Based on

#### Protocol summary

##### Study aim

1- Introduction of virtual reality exposure therapy for the treatment of patients with obsessive-compulsive disorder with religious content (impure and purity). 2- Localization of virtual reality treatment

##### Design

A clinical trial, a control group with parallel groups (three groups), a blind spot and random substitution, Sample size 60 people and 3 months follow up

##### Settings and conduct

Place of research: Psychiatric Clinic and Clinical Psychology of Tehran Psychiatric Institute Psychologists and psychiatrists in Tehran's medical centers are requested to refer patients to their therapist if they are satisfied.

##### Participants/Inclusion and exclusion criteria

Entry Criteria: 1- The presence of obsessive-compulsive diagnostic criteria - based on SCID-I. 3- Content of obsessive compulsive and purity. 4. Literacy to read and write. 5- Having at least 18 years and up to 50 years. Exit criteria 1- Having symptoms of psychotic disorders, substance abuse and full-scale criteria, except for major and mild depression and generalized anxiety. 2. Having serious suicidal thoughts and history of doing so. 3. Have a history of heart problems. 4. The existence of two axis criteria based on SCID-II

##### Intervention groups

1) Cognitive-behavioral therapy based on religious aspects (Islamic); 2) Cognitive-behavioral therapy based on virtual reality encounter; 3) Cognitive-behavioral cognitive therapy based on religious (Islamic) aspects along with virtual reality encounters; 4) Control group.

##### Main outcome variables

the severity of obsessive-compulsive symptoms, depression, anxiety, obsession-obsessive-compulsive, obsessive beliefs (thoughts), severity of guilty feelings, and general performance of obsessive-compulsive disorder-practical with religious content (impure and purity).

#### General information

##### Reason for update

##### Acronym

درمان شناختی رفتاری مبتنی بر واقعیت مجازی و سواس نجس و پاکی

##### IRCT registration information

IRCT registration number: **IRCT20190601043781N1**  
Registration date: **2020-02-16, 1398/11/27**  
Registration timing: **registered\_while\_recruiting**

Last update: **2020-02-16, 1398/11/27**

Update count: **0**

##### Registration date

2020-02-16, 1398/11/27

##### Registrant information

##### Name

Abbas Ramezanifarani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 6655 1668

##### Email address

ramezanifarani.a@iums.ac.ir

##### Recruitment status

**Recruitment complete****Funding source****Expected recruitment start date**

2019-06-22, 1398/04/01

**Expected recruitment end date**

2020-08-22, 1399/06/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of the Effectiveness of Cognitive Behavioral Therapy Based on Religious Islamic Aspects Cognitive Behavioral Integrative Therapy with Virtual Reality Exposure and Cognitive Behavioral Integrative Therapy Based on Religious Islamic Aspects with Virtual Reality Exposure in Patients with Obsessive-Compulsive Disorder with Religious Content Cognitive Behavioral Therapy Based on

**Public title**

The Effect of Cognitive-Behavioral Therapy Based on Religious (Islamic) Aspects with Virtual Reality Exposure on Obsessive-Compulsive Disorder with Religious Content

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

The existence of obsessive-compulsive disorder diagnostic criteria based on SCID-I. The existence of obsessive-compulsive and purity substance. Literacy reading and writing. At least 18 years and maximum 50 years. Lack of receive psychological treatment for one month before entering the research. Signature of written consent for participation in the research.

**Exclusion criteria:**

Having symptoms of psychotic disorders, substance abuse and full-scale criteria, except for major and mild depression and generalized anxiety. Having serious suicidal thoughts and history of doing so. Having a history of heart problems. The existence of two criteria based on SCID-II

**Age**

From **18 years** old to **50 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **60**

More than 1 sample in each individual

Number of samples in each individual: **15**

A patient with obsessive-compulsive disorder with najes and paki content

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The desired sample will be selected first by a non-randomized, targeted (objective-based) sampling method from among the members of the statistical community and then subjected to randomized sampling in three experimental groups and one control group. The choice of these patients for replacement in groups of four after the completion of the interview process by clinical psychologists will be designed and evaluated based on the criteria for entry and exit, using a randomized method (using the list of patients and replacement in groups 4 ) Will be carried out. For example, the first 4 people in the list are distributed among the four groups, and the next 4 will be grouped in the same way, and until the end.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

The participants in this study are divided into four groups, and none of the members of the group are aware of the allocation of members of the groups, which means that the study will be one on the one hand.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

The study of the effect of virtual reality exposure as a new treatment for mental disorders

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Academic / Regional Committee on Ethics in Biomedical Research of Iran University of Medical Science

**Street address**

Mansuori St. Niyayesh St, Sattarghan

**City**

Tehran

**Province**

Tehran

**Postal code**

1445613111

**Approval date**

2020-01-08, 1398/10/18

**Ethics committee reference number**

IR.IUMS.REC.1398.551

**Health conditions studied**

## 1

### Description of health condition studied

A patient with obsessive-compulsive disorder with najes and paki content

### ICD-10 code

F42

### ICD-10 code description

Obsessive-compulsive disorder

## Primary outcomes

## 1

### Description

Severity of obsessive-compulsive disorder, symptoms of depression and anxiety, obsessive cognitive beliefs, scrupulosity, guilt feeling

### Timepoint

3 months

### Method of measurement

questionnaire

## Secondary outcomes

empty

## Intervention groups

## 1

### Description

Cognitive-behavioral therapy based on religious aspects (Islamic)

### Category

Other

## 2

### Description

Intervention group:2) Cognitive-behavioral therapy based on virtual reality encounter

### Category

Other

## 3

### Description

Intervention group: 3) Cognitive-behavioral cognitive therapy based on religious (Islamic) aspects along with virtual reality encounters

### Category

Other

## 4

### Description

Control group: Control group

### Category

Other

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

clinics of School of Behavioral Sciences and Mental Health Clinics

#### Full name of responsible person

Dr. Mohammad Bagher Saberi Zafarghandi

#### Street address

Sattar Khan St, Niyayesh St, Mansouri St

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Tehran

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Tehran

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+98 21 6655 1668

#### Email

ramezanifarani.a@iums.ac.ir

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Iran University of Medical Sciences

#### Full name of responsible person

Dr. Jalil Koohpayehzadeh

#### Street address

Hemat Highway next to Milad Tower

#### City

Tehran

#### Province

Tehran

#### Postal code

14496, 14535

#### Phone

+98 21 8670 1021

#### Email

ivco\_app@iums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Iran 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**

Iran University of Medical Sciences

**Full name of responsible person**

Abbas Ramezani Farani

**Position**

Faculty Member

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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## Person responsible for scientific inquiries

### Contact

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**Full name of responsible person**

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**Position**

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**Latest degree**

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## Person responsible for updating data

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Iran University of Medical Sciences

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## 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**

No - There is not 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**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

Questionnaire data will be presented to the university in the final report and will be included in the article

**When the data will become available and for how long**

Three months after completion

**To whom data/document is available**

researchers

**Under which criteria data/document could be used**

If anyone wants to do a systematic review study

**From where data/document is obtainable**

Iranian University of Medical Sciences Spiritual Health Research Center as well as a published journal

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

E-mail the author of the article or visit the Research Assistant of Spiritual Health Research Center of Iran University of Medical Sciences

**Comments**