

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation of the efficacy of the integrated protocol of the Acceptance and Commitment Therapy (ACT) for OCD and couple therapy in patients with Relationship Obsessive-Compulsive Disorder (ROCD)

Protocol summary

Study aim

The purpose of the current study was to evaluate the efficacy of the integrated protocol of the Acceptance and Commitment Therapy (ACT) for OCD and couple therapy in patients with Relationship Obsessive-Compulsive Disorder (ROCD)

Design

Clinical trial in format of single case study with multiple baseline; three interventions of couple therapy of ACT, ACT for OCD and integrated treatment of ACT for OCD and couple therapy; random selection of two individuals with ROCD in each intervention; parallel interventions; one blind

Settings and conduct

In the current study, the studied sample were 6 couples with ROCD from universities of Tehran, Shahid Beheshti, Shahed, Tarbiat Modarres, Allameh Tabatabai, Kharazmi, Amir Kabir and Sharif and in each of the three mentioned treatments, 2 couples were selected randomly. Couples were unaware of the types of treatments in this study (a blind head).

Participants/Inclusion and exclusion criteria

Inclusion criteria: Being married (male or female); Diagnosis of OCD; Diagnosis of ROCD (score above one standard deviation of the ROCI and PROCSI); To lapse at least 6 months from marriage; consent to participate in the research and to sign a written consent. Exclusion criteria: Being treated for the past 6 months; History of substance abuse (due to interference with treatment sessions); Diagnosis of psychiatric disorders other than obsessive spectrum disorders, based on SCID-5-RV interview; Absence of the treatment in three consecutive sessions.

Intervention groups

Group 1- Integrated intervention of the Acceptance and Commitment Therapy (ACT) for OCD and couple therapy
Group 2- Couple therapy of ACT Group 3- ACT for OCD

Main outcome variables

Obsession; Psychological flexibility; Marital satisfaction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20131128015577N4**

Registration date: **2019-10-19, 1398/07/27**

Registration timing: **retrospective**

Last update: **2019-10-19, 1398/07/27**

Update count: **0**

Registration date

2019-10-19, 1398/07/27

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-19, 1397/01/30

Expected recruitment end date

2019-03-21, 1398/01/01

Actual recruitment start date

2018-04-19, 1397/01/30

Actual recruitment end date

2019-05-05, 1398/02/15

Trial completion date

2019-09-03, 1398/06/12

Scientific title

Evaluation of the efficacy of the integrated protocol of the Acceptance and Commitment Therapy (ACT) for OCD and couple therapy in patients with Relationship Obsessive-Compulsive Disorder (ROCD)

Public title

Evaluation of the protocol of ACT in patients with obsession

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Being married (male or female) Diagnosis of OCD
Diagnosis of ROCD (score above one standard deviation of the ROCI and PROCSI) To lapse at least 6 months from marriage; consent to participate in the research and to sign a written consent

Exclusion criteria:

Being treated for the past 6 months History of substance abuse (due to interference with treatment sessions)
Diagnosis of psychiatric disorders other than obsessive spectrum disorders based on SCID-5-RV interview
Absence of the treatment in three consecutive sessions

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **15**

Actual sample size reached: **6**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple random method with the help of lottery

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants were not aware of the types of interventions in this study.

Placebo

Not used

Assignment

Parallel

Other design features

Design of integrated protocol of the Acceptance and Commitment Therapy (ACT) for OCD and couple therapy

Secondary Ids

empty

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

Ethics committee of Shahed University

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Shahed University, In front of Shrine, Persian Gulf Freeway, Tehran, Iran

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Approval date

2018-12-03, 1397/09/12

Ethics committee reference number

IR.SHAHED.REC.1397.078

Health conditions studied**1****Description of health condition studied**

Relationship Obsessive Compulsive Disorder

ICD-10 code

F42.2

ICD-10 code description

Compulsion mixed with obsessional thoughts

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

Psychological Flexibility

Timepoint

Twice at baseline; three times during treatment; twice at follow-up (two weeks and four weeks after treatment)

Method of measurement

Acceptance and Action Questionnaire II (AAQ-II)

Secondary outcomes**1****Description**

Relationship Obsessive and Compulsive Disorder

Timepoint

Twice at baseline; three times during treatment; twice at follow-up (two weeks and four weeks after treatment)

Method of measurement

Relationship Obsessive Compulsive Inventory; Partner Related Obsessive Compulsive Symptom Inventory

2**Description**

Marital Satisfaction

Timepoint

Twice at baseline; three times during treatment; twice at follow-up (two weeks and four weeks after treatment)

Method of measurement

Enrich Scale

Intervention groups**1****Description**

Intervention group: Integrated intervention of the Acceptance and Commitment Therapy (ACT) for OCD and couple therapy: This intervention consists of 20 sessions that summarize the sessions of this intervention as follows: Sessions 1-4: Two sessions of OCD therapy (assessment of obsession and introduction of treatment structure, creative frustration) and two sessions of couples therapy (assessment of couples and introduction of couple therapy orientation of ACT). Sessions 5 and 6: One OCD therapy (keep up the creative frustration) and one couple therapy (constructive frustration); Sessions 7-9: Two OCD therapy (realizing control and acceptance, mindfulness) and one couple therapy (acceptance and mindfulness training); Sessions 10-13: Two sessions of OCD therapy (introducing self as context and defusion) and two sessions of couple therapy (defusion and observation of thoughts); sessions 14-20: Three sessions of OCD therapy (focus on value and examine the barriers to value, committed action) and four sessions of couple therapy (focus on value and examine the barriers to value, committed action and self as context).

Category

Behavior

2**Description**

Intervention group: Couple therapy of ACT: The number of sessions of this intervention is 10. Summary of Acceptance and Commitment Therapy (ACT) sessions are as follows: Session 1: Getting to know couples and presenting orientation of ACT; Session 2: Individual assessment; Session 3: Creative frustration, reviewing options and what issues are controllable and uncontrollable; Session 4: Mindfulness and Acceptance Training; Session 5: Cognitive defusion, Examining the barriers to paying thoughts, tagging thoughts and moving away from thoughts; Session 6: Observing thoughts; Session 7: Choosing valuable orientations; Session 8: Exploring the barriers to a worthy life; Session 9: Describing yourself as a texture in communication; Session 10: Committed action, end of treatment and prevention of recurrence.

Category

Behavior

3**Description**

Intervention group: ACT for OCD: This intervention contains 10 sessions of Acceptance and Commitment

Therapy (ACT) for OCD. At each meeting, the client's reactions to the previous meeting are first reviewed, a new issue raised, a new assignment determined, and a behavioral commitment agreed. At first, the type of therapeutic relationship is specified by metaphor of the "two mountains". Then, the treatment begins by gathering information about the obsessive thoughts and actions. The difference between obsessive thoughts and actions arises and shows how one happens without the other, but in the lives of their clients, they usually happen together. Then ask the clients what has been done so far to reduce obsessive thinking, what has been effective and what has not been effective. This shows that the only way to get rid of obsessive thinking is to do obsessive action, but it only works for a short period of time. The metaphor of "Obsessive Well" and "Monster Draw" was used to illustrate the ineffectiveness of one's attempts to control obsessive thinking. The function of these metaphors was to reduce the focus of the client on the decline of obsessive-compulsive thinking and to become aware of the difficulty of controlling it, which is called the Creative frustration in ACT. Sessions 3, 4, and 5 deal with how trying to control obsessive thinking rather than being the solution is the problem. The purpose of these sessions was to emphasize the limitations of control when internal events occur. Sessions 6, 7, and 8 focused on changing the psychological function of obsessive thinking from what is threatening to merely another verbal event. These sessions include training of defusion, communication with the present or mindfulness exercises and working on the self as a background. The last session (9 and 10) included discussions about the values of the client and increased behavioral commitments to pursue those values.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shahed University

Proportion provided by this source

50

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**

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Full name of responsible person

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Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The results of this research will be presented in paper
form

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

About a year

To whom data/document is available

Psychologists

Under which criteria data/document could be used

Certain conditions are not considered

From where data/document is obtainable

Soheila Ghomian

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

It will be answered by email

Comments