

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The efficacy of cognitive behavioral therapy with and without Sertraline in patients with obsessive compulsive disorder

Protocol summary

Study aim

The efficacy of cognitive behavioral therapy with and without Sertraline in patients with obsessive-compulsive disorder

Design

Clinical trial with two arm parallel groups without control group, without randomization and blindness with sample size of 20 for each group and the whole sample size of 40

Settings and conduct

Participants were recruited through self referrals, professional and clinic referrals, and advertisements in hospital and networks. Patients were divided into two groups , CBT with and without Sertraline. Study duration is 12 weeks in all groups. In the CBT group the sessions would be twice a week during the first month and the duration of every session is 2 hours.

Participants/Inclusion and exclusion criteria

Inclusion criteria: diagnosis of disorder; age between 18 to 65 ; education at least grade 7 Yale brown obsessive compulsive scale total scores equal and more than 16
Exclusion criteria;History or current bipolar disorder and psychotic disorders; current major depressive episode and suicidal ideation ; substance or alcohol dependency in the 6 past months.

Intervention groups

This study consists of two interventional groups. One is cognitive behavior therapy and the other is cognitive behavior therapy plus Sertraline. the duration of the study is twelve weeks. psychotherapy is going to be once a week and sertraline initiates by 25 milligram up to 200 milligram as needed. the study dose not have any control group.

Main outcome variables

Severity of obsessive compulsive disorder measured by Yale Brown Scale

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200126046273N1**

Registration date: **2020-05-02, 1399/02/13**

Registration timing: **registered_while_recruiting**

Last update: **2020-05-02, 1399/02/13**

Update count: **0**

Registration date

2020-05-02, 1399/02/13

Registrant information

Name

marzieh effatpanah

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-23, 1398/07/01

Expected recruitment end date

2020-09-22, 1399/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

2

Recruitment centers

1

Recruitment center

Name of recruitment center

Farshchian Hospital and Social networks

Full name of responsible person

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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

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

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Position

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Latest degree

Medical doctor

Other areas of specialty/work

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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

Undecided - It is not yet known if there will be 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