Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Efficacy of psychodrama on reducing the signs and symptoms of obsessive-compulsive disorder,anger and guilt in patients with OCD

Protocol summary

Study aim

Explaining the effect of psychodrama on reducing the signs and symptoms of obsessive-compulsive disorder,anger and guilt in patients suffering from obsessive-compulsive disorder

Design

A single-center, parallel-group, randomized not blinded clinical trial. Sampling was performed by the randomization method. samples were 24 patients who were randomly assigned to experimental (12 patients) and control(12 patients) groups by block randomization. Sampling was performed by the blocking randomization method. Patients who have inclusion criteria will be assessed using randomizer computer software and randomly assigned with 4 and 6 block sizes with 1: 1 allocation to the two groups of intervention and control.

Settings and conduct

Sessions were held for 4 weeks , 3 times a week in Nikavin clinic in Isfahan city. Before the intervention, an introductory session was held for the members of the experimental group, in which members received the necessary information and informed consent was obtained from all the participants ,also group psychotherapy norms were conducted and informed to the members of the group. there was no special time limitation for sessions , sessions timeout was almost 5-6 hours,so that every member had the opportunity to play in the role of the protagonist , and psychodrama techniques were used for them.

Participants/Inclusion and exclusion criteria

Age:20-35 year-old patients, graduated from high school, no addiction, no personality disorder

Intervention groups

Both groups received fluoxetine ,other than that experimental group participated in psychodrama sessions

Main outcome variables

Signs and symptoms of obsessive-compulsive disorder, anger, guilt

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200414047068N1**
Registration date: **2020-07-31, 1399/05/10**
Registration timing: **retrospective**

Last update: **2020-07-31, 1399/05/10**
Update count: **0**

Registration date

2020-07-31, 1399/05/10

Registrant information

Name

Melina Shiranibidabadi

Name of organization / entity

Islamic Azad University of Shiraz

Country

Iran (Islamic Republic of)

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+98 31 3220 7795

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melinashirani4@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-05-12, 1399/02/23

Expected recruitment end date

2020-05-20, 1399/02/31

Actual recruitment start date

2020-05-12, 1399/02/23

Actual recruitment end date

2020-05-20, 1399/02/31

Trial completion date

2020-06-27, 1399/04/07

Scientific title
Efficacy of psychodrama on reducing the signs and symptoms of obsessive-compulsive disorder,anger and guilt in patients with OCD

Public title
Effect of Psychodrama on obsessive-compulsive disorder
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
OCD Graduated from high school
Exclusion criteria:
addiction. personality disorders. being absent for more than 2 sessions
Age
From **20 years** old to **35 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Actual sample size reached: **24**
Randomization (investigator's opinion)
Randomized
Randomization description
Sampling was performed by the blocking randomization method. Patients who have inclusion criteria will be assessed using randomizer computer software and randomly assigned with 4 and 6 block sizes with 1: 1 allocation to the two groups of intervention and control.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
A single- center, parallel-group, randomized clinical trial

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Islamic Azad University-Shiraz Branch
Street address
Islamic Azad University,Shiraz branch, 5th km of Sadra highway, Shiraz
City
Shiraz
Province
Fars
Postal code
71987-74731
Approval date
2020-05-11, 1399/02/22
Ethics committee reference number
IR.IAU.SHIRAZ.REC.1399.001

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
Signs and symptoms of obsessive-compulsive disorder
Timepoint
before intervention and 30 days after starting intervention
Method of measurement
Madsley Obsessive-Compulsive Inventory

Secondary outcomes

1

Description
Anger in people with Obsessive-Compulsive Disorder
Timepoint
Before intervention and 30 days after starting intervention
Method of measurement
Novaco anger inventory short-form

2

Description
Guilt in people with obsessive-compulsive disorder
Timepoint
Before intervention and 30 days after starting intervention
Method of measurement
Izenc guilt inventory

Intervention groups

1

Description
Intervention group: 12 patients suffering from obsessive-compulsive disorder who receive fluoxetine and participate in group psychodrama sessions for one-

month(12 sessions). before and after the intervention , participants answer Maudsley obsessive-compulsive questionnaire, Novaco anger scale(short-form), and Eysenck guilt questionnaire.

Category

Treatment - Other

2

Description

Control group: 12 patients suffering from obsessive-compulsive disorder who receive fluoxetine and do not participate in psychodrama sessions.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

NikAvin Clinic

Full name of responsible person

Dr Mohammad Soltanizadeh

Street address

NikAvin clinic. Mohtasham Kashani street.Isfahan,Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

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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

Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

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

Shiraz University of Medical Sciences

Full name of responsible person

Melina Shirani Bidabadi

Position

PHD student

Latest degree

Master

Other areas of specialty/work

Psychology

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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
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
All documents without private information of participants
When the data will become available and for how long
8 months after the publication of results
To whom data/document is available
only researchers from universities and scientific institutes
Under which criteria data/document could be used
using of the documents is allowed just for repetition of the research in other populations and samples.
From where data/document is obtainable
contact us via gmail address: Melinashirani4@gmail.com
What processes are involved for a request to access data/document
delivery of request at first and offering authentication as a researcher who is studying or working in a university or other scientific institutes
Comments