

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Design and implementation of the package of spiritual psychotherapy to treat clients with obsessive- compulsive disorder (OCD), and comparison of its effectiveness with cognitive behavior therapy (CBT)

Protocol summary

Study aim

The aim of this study is to design a spiritual psychotherapy package for clients with obsessive-compulsive disorder and to evaluate its validity. A randomized clinical trial was also conducted to compare the effectiveness of spiritual psychotherapy with cognitive-behavioral therapy for patients with OCD.

Design

firstly the Spiritual Psychotherapy package is designed for people with OCD, then face and content validity is also evaluated using focus group discussions with experts. 30 clients with OCD are randomly assigned to two intervention programs (spiritual psychotherapy, cognitive-behavioral therapy).

Settings and conduct

This study is performed in the Psychiatry Research Center of TUMS as a randomized clinical trial to compare the two methods of spiritual psychotherapy and cognitive-behavioral therapy for patients with OCD.

Participants/Inclusion and exclusion criteria

Inclusion criteria: the age range of participants 18 to 60; Receiving OCD diagnosis based on diagnostic criteria of DSM-V by a psychiatrist; do not have comorbid disorders; do not have systemic disorders including cardiovascular disease; not using psychiatric medications during one month ago; not using drug or alcohol during one month ago; did not commit suicide; Being literate. Exclusion criteria: Failure to receive a diagnosis of OCD; clients aged less than 18 or more than 60 years; having comorbid disorders; having systemic disorders; used psychiatric medications during one month ago; used drug or alcohol during one month ago; Having a history of suicide attempts; Being illiterate.

Intervention groups

The two interventions of spiritual psychotherapy and cognitive-behavioral therapy are randomly performed for 15 clients with OCD and the results are compared.

Main outcome variables

OCD symptoms; the scores of thought-action fusion; the scores of obsessive beliefs.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120225009127N4**

Registration date: **2020-12-14, 1399/09/24**

Registration timing: **prospective**

Last update: **2020-12-14, 1399/09/24**

Update count: **0**

Registration date

2020-12-14, 1399/09/24

Registrant information

Name

Maryam Salmanian

Name of organization / entity

Tehran University of medical sciences, psychiatry and psychology research center

Country

Iran (Islamic Republic of)

Phone

+98 21 5541 3540

Email address

marysal1981@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-12-21, 1399/10/01

Expected recruitment end date

2021-04-21, 1400/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Design and implementation of the package of spiritual psychotherapy to treat clients with obsessive-compulsive disorder (OCD), and comparison of its effectiveness with cognitive behavior therapy (CBT)

Public title

Design of the package of spiritual psychotherapy to treat clients with obsessive-compulsive disorder (OCD), and comparison of its effectiveness with cognitive behavior therapy (CBT)

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

1. the age range of participants between 18 to 60. 2. Receiving OCD diagnosis based on diagnostic criteria of DSM-V by a psychiatrist. 3. do not have comorbid disorders such as bipolar disorder, psychosis, pervasive developmental disorder, mental retardation, and substance abuse. 4. do not have systemic disorders including cardiovascular disease. 5. not using psychiatric medications during one month ago. 6. not using drug or alcohol during one month ago. 7. did not commit suicide. 8. Being literate.

Exclusion criteria:

1. Failure to receive a diagnosis of OCD by a psychiatrist. 2. clients aged less than 18 or more than 60 years. 3. having comorbid disorders. 4. having systemic disorders. 5. used psychiatric medications during one month ago. 6. used drug or alcohol during one month ago. 7. Having a history of suicide attempts. 8. Being illiterate

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: **30****Randomization (investigator's opinion)**

Randomized

Randomization description

In this study, a simple randomization method is performed individually using computer software. Allocation concealment is not used.

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 Tehran University of Medical Sciences

Street address

Psychiatry and Psychology Research Center, Roozbeh Hospital, South Kargar Ave, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1333715914

Approval date

2020-11-21, 1399/09/01

Ethics committee reference number

IR.TUMS.MEDICINE.REC.1399.816

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

obsessive-compulsive disorder (OCD)

ICD-10 code

F42

ICD-10 code description

Obsessive-compulsive disorder

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

obsessive-compulsive disorder (OCD) symptoms

Timepoint

before and after intervention, and 3 months after the intervention

Method of measurement

The Yale-Brown Obsessive Compulsive Scale (Y-BOCS)

2**Description**

the scores of thought-moral action, thought-action-probability action for others, thought-action-probability action for self

Timepoint

before and after intervention, and 3 months after the intervention

Method of measurement

Thought-action fusion (TAF)

3

Description

the scores of sense of responsibility / overestimation of risk, perfectionism / inability to tolerate uncertainty, importance / control of thoughts

Timepoint

before and after intervention, and 3 months after the intervention

Method of measurement

Obsessive beliefs questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this study, firstly the Spiritual Psychotherapy package is designed for people with OCD, then face and content validity is also evaluated using focus group discussions with experts. 30 clients with obsessive-compulsive disorder are randomly assigned to two intervention programs (spiritual psychotherapy, cognitive-behavioral therapy). The spiritual psychotherapy package is presented in twelve 90-minute group sessions, two sessions per week, for 15 clients with OCD, by a familiar spiritual psychotherapist who is proficient in performing the spiritual psychotherapy package. Spiritual psychotherapy sessions include: Familiarity with the treatment framework and obsessive-compulsive disorder. Realization and analysis of obsessive beliefs. Responsibility. Flexibility and quitting habits. Targeting. Forgiveness. Love of self. Love of others, work and belongings. Belief in sacred. Spiritual awareness, belief in transformation and change of religious obsessions. Prepare for the end and prevent recurrence.

Category

Behavior

2

Description

Intervention group: 30 clients with obsessive-compulsive disorder are randomly assigned to two intervention programs (spiritual psychotherapy, cognitive-behavioral therapy). Cognitive-behavioral therapy protocol is presented for 15 clients with obsessive-compulsive disorder in the twelve 90-minute group sessions, two sessions per week, by a psychotherapist who is proficient in cognitive-behavioral therapy.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychiatry and Psychology Research Center, Roozbeh Hospital

Full name of responsible person

Maryam Salmanian

Street address

Psychiatry and Psychology Research Center, Roozbeh Hospital, South Kargar Ave, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1333715914

Phone

+98 21 5541 3540

Email

marysal1981@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mohammad Ali Sahraian

Street address

Vice Chancellor in Research Affairs, sixth floor, first of Ghods St, Tehran University of Medical Sciences, Keshavarz Blvd, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

1417613151

Phone

+98 21 8163 3685

Email

vcr@tums.ac.ir

Web page address

<https://vcr.tums.ac.ir/#>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Maryam Salmanian

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Psychiatry and Psychology Research Center, Roozbeh Hospital, Tehran University of Medical Sciences, South Kargar Ave, Tehran, Iran

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Email

m-salmanian@alumnus.tums.ac.ir

1333715914

Phone

+98 21 5541 3540

Email

m-salmanian@alumnus.tums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Maryam Salmanian

Position

Assistant professor

Latest degree

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Email

m-salmanian@alumnus.tums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Maryam Salmanian

Position

Assistant professor

Latest degree

Ph.D.

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

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available