

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

Comparison of the effect of schema therapy, emotional schema therapy and exposure and prevention of response to rumination, irrational beliefs, guilt, distress tolerance, extreme responsibility, perfectionism, emotion regulation and clinical symptoms in people with obsessive-compulsive disorder

Protocol summary

Study aim

Comparison of the effect of schema therapy, emotional schema therapy and exposure and prevention of response to rumination, irrational beliefs, guilt, distress tolerance, extreme responsibility, perfectionism, emotion regulation and clinical symptoms in people with obsessive-compulsive symptoms

Design

In this randomized controlled clinical trial, first 60 people with obsessive-compulsive disorder eligible to participate in the study will be selected by available method. Then they will be assigned to three intervention groups and the control group by simple randomization method using a table of random numbers.

Settings and conduct

This study will be performed in Himan counseling and psychological services center in Mashhad. People with obsessive-compulsive disorder who are eligible to enter the study will be invited to study after obtaining written consent. Then, they will be assigned to the three intervention and control groups by simple randomization using a random number table.

Participants/Inclusion and exclusion criteria

Inclusion criteria include obtaining a score of 11 and above from the Maudsley obsessive-compulsive disorder questionnaire and lack of comorbidity with other psychiatric disorders. Exclusion criteria included having a history of substance abuse and having suicidal thoughts and and history of doing so.

Intervention groups

Intervention group 1 received schema therapy based on the treatment protocol of Yang et al. (2003). Intervention group 2 received emotional therapy schema based on Leahy et al. (2016) treatment protocol. Intervention

group 3 received exposure and response prevention based on the treatment protocol of Jones et al. (1998). The control group received routine care.

Main outcome variables

Ruminant, irrational beliefs, guilt, distress tolerance, extreme responsibility, perfectionism, emotion regulation and clinical symptoms of obsessive-compulsive disorder

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210511051261N1**

Registration date: **2021-07-10, 1400/04/19**

Registration timing: **registered_while_recruiting**

Last update: **2021-07-10, 1400/04/19**

Update count: **0**

Registration date

2021-07-10, 1400/04/19

Registrant information

Name

Masood Ahowan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3731 6126

Email address

masood.ahvan@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-14, 1400/01/25

Expected recruitment end date

2021-09-23, 1400/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of schema therapy, emotional schema therapy and exposure and prevention of response to rumination, irrational beliefs, guilt, distress tolerance, extreme responsibility, perfectionism, emotion regulation and clinical symptoms in people with obsessive-compulsive disorder

Public title

Comparison of the effect of schema therapy, emotional schema therapy and exposure and prevention of response in obsessive-compulsive clinical disorder

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Willingness to participate in the study
Diagnosis of Obsessive-Compulsive Disorder Based on Diagnostic and Statistical Manual of Mental Disorders - Fifth Edition
Obtaining a score of 11 and above from the Maudsley obsessive-compulsive disorder questionnaire
Have at least a third level of secondary education
Lack of comorbidity with other psychiatric disorders
Lack of having other physical diseases
Not receiving psychotherapy and medication for obsessive-compulsive disorder before entering the research

Exclusion criteria:

Having a history of substance abuse
Having suicidal thoughts and and history of doing so

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The sample will be selected from the members of the statistical community using the available sampling method based on inclusion and exclusion criteria. Then, they will be assigned to three intervention groups and one control group based on simple randomization sampling method using a random number table. Thus, first, a list of people eligible to participate in the study will be prepared. Then by considering the numbers for

different groups (15-00 for intervention group 1, 16-30 for intervention group 2, 31-45 for intervention group 3 and 46-60 numbers for control group) and for moving up and down, Is placed on one of the numbers in the table and the numbers are recorded and the random order of people entering one of the groups will be determined.

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**

Research Ethics Committee of Islamic Azad University, Lahijan Branch

Street address

Islamic Azad University of Lahijan, End of Shaghayegh St., East Kashif St.

City

Lahijan

Province

Razavi Khorasan

Postal code

013-41228701

Approval date

2021-04-14, 1400/01/25

Ethics committee reference number

IR.IAU.LIAU.REC.1400.006

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**

Rumination

Timepoint

Before intervention, after intervention, six months after intervention

Method of measurement

Secondary outcomes

1

Description

Irrational beliefs

Timepoint

Before intervention, after intervention, one month after intervention, three months after intervention

Method of measurement

Jones Irrational Beliefs Questionnaire (IBT)

2

Description

guilty

Timepoint

Before intervention, after intervention, one month after intervention, three months after intervention

Method of measurement

Kugler & Jones Guilty Questionnaire

3

Description

Tolerance of distress

Timepoint

Before intervention, after intervention, one month after intervention, three months after intervention

Method of measurement

Simons and Gaher Distress Scale (DTS)

4

Description

Extreme responsibility

Timepoint

Before intervention, after intervention, one month after intervention, three months after intervention

Method of measurement

California Accountability Questionnaire

5

Description

Perfectionism

Timepoint

Before intervention, after intervention, one month after intervention, three months after intervention

Method of measurement

Hill et al. Perfectionism Scale (2004)

6

Description

Emotion Regulation

Timepoint

Before intervention, after intervention, one month after intervention, three months after intervention

Method of measurement

Jahn & Gross Emotion Regulation Questionnaire

7

Description

Clinical syndrome of obsessive-compulsive disorder

Timepoint

Before intervention, after intervention, one month after intervention, three months after intervention

Method of measurement

Structured clinical interview for Axis Disorders 1

Intervention groups

1

Description

Intervention group 1: They will receive the therapy schema individually according to the treatment protocol of Young et al. (2003) for 20 sessions, each session lasting 45 minutes.

Category

Treatment - Other

2

Description

Intervention group 2: They will receive emotion therapy schema individually based on Leahy et al. (2016) treatment protocol for 15 sessions, each session lasting 45 minutes.

Category

Treatment - Other

3

Description

Intervention group 3: They will receive exposure and response prevention individually based on the treatment protocol of Jones et al. (1998) for 10 sessions, each session lasting 45 minutes.

Category

Treatment - Other

4

Description

Control group: They will not receive treatment during research.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Himan Counseling and Psychological Services Center

Full name of responsible person

Hosseini Haji Baba Kashani

Street address

Himan Counseling and Psychological Services Center, second floor, No. 300, between Piroozi 34 and 36, Piroozi Boulevard

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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
Islamic Azad University
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
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Masood Ahovan
Position
PhD in Counseling
Latest degree

Ph.D.
Other areas of specialty/work
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Person responsible for updating data

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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

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

Yes - There is 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

Title and more details about the data/document

Clinical outcomes of the study will be published in the form of a paper.

When the data will become available and for how long

The results of the study will be published at the earliest opportunity after data collection.

To whom data/document is available

Data documentation will be shared in the form of an article.

Under which criteria data/document could be used

The data will be provided to researchers working in academic institutions and counseling centers and psychological services with the permission of the Islamic Azad University of Lahijan.

From where data/document is obtainable

The data will be provided to researchers working in academic institutions and counseling centers and psychological services after receiving permission from the Islamic Azad University of Lahijan.

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

Researchers must obtain written permission from the Vice Chancellor for Research, Islamic Azad University, Lahijan Branch.

Comments