

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Augmenting efficacy of cognitive behavioral therapy with anti-disgust cognitive intervention on disgust propensity/ sensitivity, emotion acceptance, and OCD severity in patients with obsessive-compulsive disorder

Protocol summary

Study aim

Comparing the efficacy of psychological therapies on disgust propensity/ sensitivity, emotion acceptance, and OCD severity in patients with obsessive-compulsive disorder.

Design

A randomized clinical trial with a parallel group (cognitive behavioral therapy with or without anti-disgust cognitive intervention. The intervention and parallel groups each consist of 26 participants. Randomization was performed by a person who was blind to the objectives of the study.

Settings and conduct

After meeting the eligibility criteria, the enrolled participants will be randomly allocated to two intervention groups. In addition, each intervention will last 15 weekly sessions or three months. All participants will be assessed four times using research measures. Four assessment phases include 1) pre-treatment, 2) before the exposure and response prevention sessions, 3) posttreatment, and 4) three-month follow-up. Therapists, evaluators, and research assistants are different people.

Participants/Inclusion and exclusion criteria

Inclusion criteria: be at least 18 years old; equal to or more than 12 degrees education; diagnosed with contamination-based obsessive-compulsive disorder; have a fixed dose of the medication up to three months before the beginning of the study; completing informed consent.

Intervention groups

Intervention group 1: Cognitive-behavioral therapy with anti-disgust cognitive intervention. Intervention group 2: Cognitive-behavioral therapy.

Main outcome variables

Disgust propensity/ sensitivity; Obsessive-compulsive disorder severity; Emotion acceptance.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210914052475N1**

Registration date: **2021-10-10, 1400/07/18**

Registration timing: **prospective**

Last update: **2021-10-10, 1400/07/18**

Update count: **0**

Registration date

2021-10-10, 1400/07/18

Registrant information

Name

Behzad Salmani

Name of organization / entity

Kharazmi University

Country

Iran (Islamic Republic of)

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+98 31 5568 3234

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-10-17, 1400/07/25

Expected recruitment end date

2021-12-16, 1400/09/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Augmenting efficacy of cognitive behavioral therapy with anti-disgust cognitive intervention on disgust propensity/ sensitivity, emotion acceptance, and OCD severity in patients with obsessive-compulsive disorder

Public title

Augmenting cognitive behavioral therapy for obsessive-compulsive disorder with anti-disgust cognitive intervention

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Being at least 18 years old in the beginning of the study. Having an education grade equal to 12 or more. Diagnose with contamination-based obsessive-compulsive disorder as a primary diagnosis. Having a stable dose of medication from 3 months before the beginning of the study. Completing informed constant form.

Exclusion criteria:

Diagnose with other comorbid psychiatric disorders or conditions except for major depressive disorder. Having a history of traumatic head injury or epilepsy.

Age

From **19 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be performed by a research assistant through the lottery method. First, the research assistant will give a code to each participant who met the eligibility criteria. The mentioned codes will be written on paper. Then, he will be poured all papers into an opaque container and intermittently allocated each participant to each group.

Blinding (investigator's opinion)

Double blinded

Blinding description

The process of evaluation, randomization, and treatment for all participants will be conducted in two separate centers. In the first center, each participant will be evaluated by a research assistant who is blind to the study's objectives. He will assign each participant to one of two groups, as described in the randomization

procedure. Then, each participant will refer to the second center to start the interventions. The second center is located at a one-kilometer distance from the first center. Therapists, researchers, evaluators, and data analysts will also present at the second center and will be utterly blind to the study objectives and which participant belonged to which group.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethic committee of Kharazmi University

Street address

Somayyeh building, Kharazmi University, South
Moffateh st, Tehran

City

Tehran

Province

Tehran

Postal code

15719-14911

Approval date

2021-09-14, 1400/06/23

Ethics committee reference number

IR.KHU.REC.1400.027

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**

Disgust propensity/ sensitivity

Timepoint

Pre-treatment, before exposure and response prevention sessions, post-treatment, three-month follow-up

Method of measurement

Disgust Propensity/ Sensitivity Scale (DPSS)

2

Description

Obsessive-compulsive disorder severity

Timepoint

Pre-treatment, before exposure and response prevention sessions, post-treatment, three-month follow-up

Method of measurement

Yale-Brown Obsessive Compulsive Scale (Y-BOCS)

3

Description

Emotion acceptance

Timepoint

Pre-treatment, before exposure and response prevention sessions, post-treatment, three-month follow-up

Method of measurement

Non-judging & non-reactivity sub-scales of Five Facets Mindfulness Questionnaire

Secondary outcomes

1

Description

Acceptance rate of exposure and response prevention

Timepoint

Before exposure and response prevention sessions

Method of measurement

Percent of acceptance of exposure and response prevention

Intervention groups

1

Description

Intervention group: cognitive-behavioral therapy plus anti-disgust cognitive intervention, 15 weekly sessions, time of each session: 90 minutes, case conceptualization, disgust-related cognitive psychoeducation & intervention, exposure and response prevention, relapse prevention.

Category

Behavior

2

Description

Control group: cognitive-behavioral therapy, 15 weekly sessions, time of each session: 90 minutes, case conceptualization, exposure and response prevention, relapse prevention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Atiyeh clinic

Full name of responsible person

Davood Qasemzadeghan

Street address

Mehr cultural center, Khandayie blvd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research & technology assistance of Kharazmi University

Full name of responsible person

Dr Jamshid Shanbeh Zadeh

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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

Research & technology assistance of Kharazmi University

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

Kharazmi University

Full name of responsible person

Dr Behzad Salmani

Position

Ph.D. in Health Psychology

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Privacy of personal information

Study Protocol

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Not applicable