

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Developing and effectiveness of behavioral, emotional and spiritual therapy protocol on obsessive-compulsive symptoms, scrupulosity, fusion of thought and action and rumination in patients with OCD.

Protocol summary

Study aim

Developing and effectiveness of behavioral, emotional and spiritual therapy protocol on obsessive-compulsive symptoms, scrupulosity, fusion of thought and action and rumination

Design

In this study, 40 people who refer to Qom counseling centers who volunteer for obsessive-compulsive disorder will be selected by available sampling.. Also, the sample size in similar studies is 30 people who are randomly placed and matched in two experimental and control groups. Of course, 40 people are selected to increase the credibility of the study and considering the possibility of falling. The two experimental and control groups will be matched based on the variables of age, marriage, education and history of obsession.

Settings and conduct

Qomaz Counseling Centers The clients of Qom city counseling centers who meet the criteria for entering the research, 40 participants are selected and invited to participate in the research. Participants complete the questionnaires one week before starting treatment. The assessment will be performed by psychometricians who are unaware of the research hypotheses. Participants are then divided into experimental and control groups. The control group is on the waiting list.

Participants/Inclusion and exclusion criteria

Male gender 2- The person has obsessive-compulsive disorder (obsessive-compulsive disorder and compulsive behavior has both) 4- The person has a history of obsession for at least six months and a maximum of 5 years Top

Intervention groups

behavioral, emotional and spiritual therapy protocol on obsessive-compulsive symptoms

Main outcome variables

obsessive-compulsive symptoms, scrupulosity, fusion of

thought and action and rumination in patients with OCD

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211120053117N1**

Registration date: **2022-02-16, 1400/11/27**

Registration timing: **retrospective**

Last update: **2022-02-16, 1400/11/27**

Update count: **0**

Registration date

2022-02-16, 1400/11/27

Registrant information

Name

Mohammad Farhoush

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 25 3778 0659

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-12-01, 1400/09/10

Expected recruitment end date

2021-12-31, 1400/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Developing and effectiveness of behavioral, emotional and spiritual therapy protocol on obsessive-compulsive symptoms, scrupulosity, fusion of thought and action and rumination in patients with OCD.

Public title

effectiveness of behavioral, emotional and spiritual therapy protocol on obsessive-compulsive symptoms

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

gender Man Diagnosis of obsessive-compulsive disorder based on a structured clinical interview based on the DSM-5 conducted by a specialist psychologist and also a person with a score of more than 10 on the Yale Brown Obsessive Questionnaire. The person has obsessive-compulsive disorder (obsessive-compulsive disorder and compulsive behavior have both) The person has a history of obsession for at least six months and a maximum of 5 years The age of the person is 18 to 40 years Diploma level higher Be prepared and satisfied to attend all treatment sessions. Complete all research questionnaires. Volunteer to treat obsessive-compulsive disorder. Has not received treatment for obsessive-compulsive disorder in the last trimester.

Exclusion criteria:

Mental Retardation, Psychotic Disorders, Type 1 Bipolar Disorder, Severe Personality Disorder, Severe Depressive Disorder, Substance Abuse Disorder Receive concurrent psychological interventions. Receive medication intervention simultaneously.

Age

From **18 years** old to **40 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant
- Care provider

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization, 40 people who meet the inclusion criteria are selected. They are then sorted by age and education and will be divided into experimental and control groups. Finally, it is assessed that the two groups are peer based on the variables of age, marriage, education.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants are not aware that they are in the experimental or control group. The therapist also does

not know. So the two heads are blind. But the researcher who collects and analyzes the data knows.

Placebo

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

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

Research Ethics Committees of Semnan University of Medical Sciences and Health services

Street address

Headquarter of Semnan University of Medical Sciences and Health Services, Bassij Blvd, Semnan, Iran.

City

semnan

Province

Semnan

Postal code

35147-99442

Approval date

2021-07-27, 1400/05/05

Ethics committee reference number

IR.SEMUMS.REC.1400.101

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**

obsessive-compulsive symptoms

Timepoint

Before the intervention and after the intervention

Method of measurement

Yale Brown Questionnaire

Secondary outcomes

1

Description

rumination

Timepoint

Before and after the intervention

Method of measurement

rumination questionnaire

2

Description

scrupulosity

Timepoint

Before and after the intervention

Method of measurement

peen inventory of scrupulosity

3

Description

obsessive beliefs

Timepoint

Before and after the intervention

Method of measurement

obsessive beliefs questionnaire

4

Description

fusion of thought and action

Timepoint

Before and after the intervention

Method of measurement

thought fusion instrument

Intervention groups

1

Description

Intervention group: behavioral, emotional and spiritual therapy The total treatment plan is 15 sessions of 90 minutes, the first 8 sessions are held in four weeks and the next 7 sessions are held once a week. The objectives of the sessions are: 1) Establishing a therapeutic relationship and explaining the disease cycle and the logic of treatment 2) Positive secondary spiritual evaluation of negative thoughts 3) Review and completion of positive secondary spiritual evaluation of negative thoughts 4) Accepting doubts 5) Self-relaxation training 6) Reducing thought fusion and Action 7) Mindfulness skills about negative thoughts and feelings 8) Facing and refraining from responding 9) Accepting doubts and managing behavior in practical obsession 10) Regulating emotion to reduce vulnerability 11) Mindfulness skills mixed with spirituality 12) Removing barriers In the hierarchy of exposure and inhibition of response 13) removal of barriers to exposure and inhibition of response 14) increase in quality of life 15) prevention of recurrence and lifestyle modification. In order to achieve these goals, behavioral therapy techniques and mindfulness, acceptance and

commitment therapy techniques are used.

Category

Treatment - Other

2

Description

Control group: During the intervention in the experimental group, they do not receive treatment and wait in line, and after the intervention in the experimental group, they receive the treatment due to the research ethics.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Qom Seminary Counseling Center

Full name of responsible person

Jalal Erfani

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safaeie

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

parviz kokhaei

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Headquarter of Semnan University of Medical Sciences and Health Services, Bassij Blvd, Semnan, Iran.

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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

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

mohammad farhoush

Position

phd student of psychology

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

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Person responsible for updating data

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Full name of responsible person

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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 participants' information is shared by deleting their
names.

When the data will become available and for how long

Access period starts one year after the results are
published

To whom data/document is available

Only faculty members in the field of psychology

Under which criteria data/document could be used

Meta-analysis is allowed

From where data/document is obtainable

Email farhoush.mohammad@gmail.com and request

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

Finally, the data will be sent one week after the request

Comments