Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effectiveness of Compassion-Focused Cognitive-Behavioral Therapy on Self-Criticism, Uncertainty, and Obsessive-Compulsive Housewives

Protocol summary

Study aim
Determining the effectiveness of compassion-focused cognitive-behavioral therapy on self-critical, intolerance of indecision, and obsessive-compulsive disorder in housewives

Design
A clinical trial with a control group, with randomized factorial groups, on 30 female patients with obsessive-compulsive disorder and a simple randomization method will be used.

Settings and conduct
The study population in this study will include included housewives who were referred to counseling centers and educational psychology, counseling centers of guide Salamat, and Saadat of Sabzevar in the summer of 2021. From them, 30 people will be selected based on the purposive sampling method and then randomly assigned to research groups.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having conscious satisfaction Housewives Age range 20-40 years Suffering from the signs and symptoms of obsessive-compulsive disorder Failure to receive other therapies at the same time Getting a score higher than the cut-off point in the questionnaires Exclusion criteria: Reluctance to continue cooperation in research Do not attend two or more sessions (for the experimental group) Biased and incomplete answers to the desired questionnaires Exacerbation of symptoms and referral to a psychiatrist

Intervention groups
Fifteen participants will receive compassion-focused cognitive-behavioral therapy (experimental group) and 15 participants will not receive any treatment (control group).

Main outcome variables
Self-criticism, intolerance of indecision, symptoms, and signs of obsessive-compulsive disorder

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220501054716N1**
Registration date: **2022-05-28, 1401/03/07**
Registration timing: **retrospective**

Last update: **2022-05-28, 1401/03/07**
Update count: **0**

Registration date
2022-05-28, 1401/03/07

Registrant information

Name
Sayed saber Mousavi

Name of organization / entity
Mashhad Ferdowsi University

Country
Iran (Islamic Republic of)

Phone
+98 51 3521 6324

Email address
saber.mousavi09240@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-11-06, 1400/08/15

Expected recruitment end date
2021-12-01, 1400/09/10

Actual recruitment start date
2021-12-13, 1400/09/22

Actual recruitment end date
2022-01-30, 1400/11/10

Trial completion date
empty

Scientific title
The Effectiveness of Compassion-Focused Cognitive-Behavioral Therapy on Self-Criticism, Uncertainty, and Obsessive-Compulsive Housewives

Public title
Effect of Compassion-Focused Cognitive-Behavioral Therapy on Self-Criticism, Intolerance of Uncertainty, and Obsessive-Compulsive Housewives

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
Having conscious satisfaction Housewives Age range 40-20 years Suffering from the signs and symptoms of obsessive-compulsive disorder Failure to receive other therapies at the same time Getting a score higher than the cut-off point in the questionnaires

Exclusion criteria:
Reluctance to continue cooperation in research Do not attend two or more sessions (for the experimental group) Biased and incomplete answers to the desired questionnaires Exacerbation of symptoms and referral to a psychiatrist

Age
From **20 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**
Actual sample size reached: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
After making the necessary arrangements, among the people who will complete the questionnaires, 30 people will be selected by purposive sampling and then by simple random way so that each of the people numbers 1 and 2, each code number A group is assigned. Then 15 participants will be randomly assigned to the group receiving compassion-based cognitive-behavioral therapy intervention (experimental group) and 15 participants will be assigned to the control group.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research Ethics Committees of Ferdowsi University of Mashhad

Street address
Iran, Mashhad, Azadi Square, Ferdowsi University of Mashhad

City
Mashhad

Province
Razavi Khorasan

Postal code
۹۱۷۷۹۴۸۹۷۴

Approval date
2021-10-30, 1400/08/08

Ethics committee reference number
IR.UM.REC.1400.376

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
self-critical

Timepoint
Pre-test and post-test

Method of measurement
self-critical scale

2

Description
intolerance of indecision

Timepoint
Pre-test and post-test

Method of measurement
intolerance of indecision scale

3

Description
Symptoms and signs of obsessive-compulsive disorder

Timepoint
Pre-test and post-test

Method of measurement
Moudsley Obsessive Compulsive disorder scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Participants in the experimental group will receive compassion-focused cognitive-behavioral therapy in 15 sessions of 60 minutes per week. The protocol uses techniques such as soothing breathing rhythm and explaining its goals along with compassionate imagery, the practice of playing a compassionate person, mental imagery, the A-B-C model of obsessive-compulsive disorder, challenging dysfunctional thoughts, and cognitive distortions associated with obsessive-compulsive disorder. Gathering evidence to confirm and refute dysfunctional thoughts and cognitive distortions, cognitive reconstruction strategies of obsessive thoughts, exposure and response prevention, activity program to prevent a recurrence, and compassionate self-correction are used. Various psychological therapies have been developed for individuals with obsessive-compulsive disorder. The results of a study showed that cognitive-behavioral therapy is effective in the psychological symptoms of patients with emotional disorders such as depression and obsessive-compulsive disorder (Huntley, Araya, and Salisbury, 2012). But patients with obsessive-compulsive disorder who have personality problems and self-criticism have had a poor response to this treatment. In this regard, compassion-based therapy has been recently used to treat these patients (Gilbert, 2010). Roostaei Alisha and Badiee (2019) showed in a study that self-compassion training is effective on the self-critical self-esteem of middle-aged women (Roostaei Alisha and Badiee, 2019). Alternative rational thoughts in cognitive behavioral-cognitive therapy are analytical and solid. These thoughts were far from inner kindness to some therapists who could not feel the thoughts and images (Gilbert, 2010). In this regard, Asano, Koike, Shinohara, Kamimori, Nakagawa, Iwo, and Shimizu (2017) studied the effectiveness of compassion-based cognitive-behavioral therapy on depressed individuals. In their research, first cognitive techniques and then self-compassion techniques were applied (Asano et al., 2017). However, in the present study, according to previous research (Didrich, Hoffman, Kippers, and Breaking, 2016) and Gilbert's perspective (Gilbert, 2010), due to dealing with cognitive confrontations from a compassionate position, first self-compassion techniques and then cognitive techniques were performed. In addition, the present study used the cognitive-behavioral therapy protocol (Clark, 2006); The effectiveness of this protocol has been confirmed in previous studies for patients with obsessive-compulsive disorder (Rakoshik and McManus, 2010).

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Education Counseling Center

Full name of responsible person
Ahmad Mokhtarifar

Street address
Taleghani Square

City
Sabzevar

Province
Razavi Khorasan

Postal code
9618687152

Phone
+98 51 4465 1886

Email
ahmadmokhtarifar@gmail.com

2

Recruitment center

Name of recruitment center
Tasdighi counseling clinic

Full name of responsible person
Mohsen Tasdighi

Street address
Kashefi North, Kashefi 14

City
Sabzevar

Province
Razavi Khorasan

Postal code
9618689087

Phone
+98 915 171 2477

Email
Mohsentsani@gmail.com

3

Recruitment center

Name of recruitment center
Saadat Counseling Center

Full name of responsible person
Mahmoud Shayan Tabar

Street address
Kashefi North, in front of Kashefi 4

City
Sabzevar

Province
Razavi Khorasan

Postal code
9618675432

Phone
+98 915 857 4676

Email
M.shayan.t@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ferdowsi University Mashhad

Full name of responsible person
Dr. Mohammad Kafi

Street address
Iran, Mashhad, Azadi Square, Ferdowsi University of Mashhad

City
Mashhad

Province
Razavi Khorasan

Postal code
۹۱۷۷۹۴۸۹۷۴

Phone
+98 51 3880 2000

Email
m.kafi@um.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Ferdowsi University Mashhad

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
Education of Mashhad

Full name of responsible person
Sayed Saber Mousavi

Position
Exceptional children teacher

Latest degree
Bachelor

Other areas of specialty/work
Pediatrics

Street address
Khorasan Razavi Province, Mashhad, Mohammadieh Boulevard, Mohammadieh 8, Rahmanieh 17

City
Mashhad

Province
Razavi Khorasan

Postal code
9188986445

Phone
+98 51 3524 2373

Email
saber.mousavi09240@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Education of Mashhad

Full name of responsible person
Sayed Saber Mousavi

Position
Exceptional children teacher

Latest degree
Bachelor

Other areas of specialty/work
Pediatrics

Street address
Khorasan Razavi Province, Mashhad, Mohammadieh Boulevard, Mohammadieh 8, Rahmanieh 17

City
Mashhad

Province
Razavi Khorasan

Postal code
9188986445

Phone
+98 51 3524 2373

Email
saber.mousavi09240@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Education of Mashhad

Full name of responsible person
Sayed Saber Mousavi

Position
Exceptional children teacher

Latest degree
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Street address
Khorasan Razavi Province, Mashhad, Mohammadieh Boulevard, Mohammadieh 8, Rahmanieh 17

City
Mashhad

Province
Razavi Khorasan

Postal code
9188986445

Phone
+98 51 3524 2373

Email
saber.mousavi09240@gmail.com

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