

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 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)

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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

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Razavi Khorasan

Postal code

91177948974

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 Badiiee (2019) showed in a study that self-compassion training is effective on the self-critical self-esteem of middle-aged women (Roostaei Alisha and Badiiee, 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

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2

Recruitment center

Name of recruitment center

Tasdighi counseling clinic

Full name of responsible person

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3

Recruitment center

Name of recruitment center

Saadat Counseling Center

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ferdowsi University Mashhad

Full name of responsible person

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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

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

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Education of Mashhad

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Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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Education of Mashhad

Full name of responsible person

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Position

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Latest degree

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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