Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Evaluation of the effect of Memantine and Escitalopram combination on Severity of Symptoms and Cognitive Function Among Patients with Obsessive-Compulsive Disorder: A double-Blinded Placebo-Controlled, Randomized Clinical Trial

Protocol summary

Study aim
Evaluation of the effect of Memantine and Escitalopram combination on Severity of Symptoms and Cognitive Function Among Patients with Obsessive-Compulsive Disorder (OCD): A Single-Blind Placebo-Controlled, Randomized Clinical Trial

Design
Both groups start with S-citalopram at a dose of 5 mg daily and increase by 5 mg weekly to a maximum dose of 30 mg / day. For the first group, memantine is prescribed at a dose of 10 mg twice a day. For the second group, a placebo with the same shape and size is prescribed twice a day.

Settings and conduct
This study will be a one-way clinical trial that will be performed in 1401 on patients with moderate to severe OCD referred to psychiatric clinics affiliated to Shahid Sadoughi University of Medical Sciences in Yazd

Participants/Inclusion and exclusion criteria
Inclusion criteria: 1. Patients 18 to 60 years old 2. Diagnosis of OCD based on DSM-5 by a psychiatrist 3. Patients with Y-BOCS≥21 score Exclusion criteria: 1) Underlying diseases -1 2) Life-threatening psychological symptoms such as suicide 3) serious medical or neurological disease 4) Mental retardation (based on clinical judgment) 5) Drug use (except nicotine) 6) Pregnancy and lactation 7) History of drug allergy to memantine or S-citalopram 8) Previous psychosurgery history 9) History of refractory OCD 10) The patient's unwillingness to participate in the study

Intervention groups
Group 1: ES-citalopram + memantine Group 2: ES-citalopram + placebo

Main outcome variables
Severity of Obsessive-Compulsive Disorder (OCD) symptoms

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20191106045356N11**
Registration date: **2022-06-30, 1401/04/09**
Registration timing: **prospective**

Last update: **2022-06-30, 1401/04/09**
Update count: **0**

Registration date
2022-06-30, 1401/04/09

Registrant information

Name
Mohsen Zabihi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 35 3820 3865

Email address
mzabihi100@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-07-21, 1401/04/30

Expected recruitment end date
2023-07-21, 1402/04/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title

Evaluation of the effect of Memantine and Escitalopram combination on Severity of Symptoms and Cognitive Function Among Patients with Obsessive-Compulsive Disorder: A double-Blinded Placebo-Controlled, Randomized Clinical Trial

Public title

Evaluation of the effect of Memantine and Escitalopram combination on Severity of Symptoms and Cognitive Function Among Patients with Obsessive-Compulsive Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosis of OCD based on DSM-5 by a psychiatrist Patients with a Y-BOCS≥ score of 21 Patients 18 to 60 years

Exclusion criteria:

Age

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

Gender

Both

Phase

4

Groups that have been masked

- Participant

Sample size

Target sample size: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization is performed based on the RAND function of Excel software and patients are included in one of the two groups according to the table of random numbers obtained from Excel software, respectively, according to the inclusion criteria. They receive the medication related to their group, which is encoded in uniformly sealed containers. Neither the physician nor the patient intervenes in the selection of the group and they do not know the content of each container of medicine.

Blinding (investigator's opinion)

Single blinded

Blinding description

Drugs and placebo are placed in coded uniform containers, and patients receive one of the containers according to ethical considerations and according to the inclusion criteria and the table of random numbers. Neither the doctor nor the patient knows the medicinal content of each container.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahid Sadoughi University of Medical Sciences

Street address

Alem sq;Shohadaye Gomnam Blvd

City

Yazd

Province

Yazd

Postal code

۸۹۱۶۹۷۸۴۷۷

Approval date

2022-05-15, 1401/02/25

Ethics committee reference number

درحال پیگیری است.

Health conditions studied

1

Description of health condition studied

Obsessive-Compulsive Disorder

ICD-10 code

ICD-10 code description

K12.0

Primary outcomes

1

Description

obsession score

Timepoint

Before and after treatment

Method of measurement

Examination of the patient and based on a standard questionnaire

Secondary outcomes

1

Description

obsession, stress, and anxiety

Timepoint

Before and after treatment

Method of measurement

DASS-21

Intervention groups

1

Description
Control group: Memantine treatment. Patients' rates of hospitalization, discharge, depression, and psychosocial functioning were evaluated.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
دانشگاه علوم پزشکی شهید صدوقی یزد

Full name of responsible person
Dr. Mohsen Zabihi

Street address
Alem sq.

City
Yazd

Province
Yazd

Postal code
8916978477

Phone
+98 35 3820 3419

Email
mzabihi100@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Dr. Mohsen Mirzaie

Street address
Bahonar sq.

City
Yazd

Province
Yazd

Postal code
8916978477

Phone
+98 35 3726 3733

Email
dvc.research@ssu.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Yazd 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
Yazd University of Medical Sciences

Full name of responsible person
Dr. Mohsen Zabihi

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Medical Pharmacy

Street address
Alem sq.

City
Yazd

Province
Yazd

Postal code
8916978477

Phone
+98 35 3820 3419

Email
mzabihi100@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Dr. Mohsen Zabihi

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Medical Pharmacy

Street address
Alem sq.

City
Yazd

Province
Yazd

Postal code
8916978477

Phone
+98 35 3820 3419

Email
mzabihi100@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Dr. Mohsen Zabihi

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Medical Pharmacy

Street address
Alem sq.

City
Yazd

Province
Yazd

Postal code
8916978477

Phone
+98 35 3820 3419

Email
mzabihi100@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
Undecided - It is not yet known if there will be a plan to make this available

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

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

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