

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

25 Jun 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 $\geq$ 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  $\geq$  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

در حال 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