

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jul 2026

### The Comparison Effectiveness of acceptance and commitment therapy with exposure and response prevention and schema therapy with exposure and response prevention on obsession, experiential avoidance, perfectionism and psychological distress in patient with obsession and compulsion disorder

#### Protocol summary

##### Study aim

Comparison Effectiveness of acceptance and commitment therapy with exposure and response prevention and schema therapy with exposure and response prevention on intensity of obsession, obsession beliefs, experiential avoidance, perfectionism and psychological distress in patients with obsession compulsion disorder.

##### Design

The present study is a unblinded clinical trial with parallel groups. This research has 2 experimental groups and one control group and will be performed on 54 patients (60 people are selected due to the possibility of dropping out). Patients are selected as available and assigned to three groups by simple random and using a table of random numbers.

##### Settings and conduct

After summons, a clinical interview will be taken from the patients who are eligible, and a pre-test will be taken. This study will be conducted in Isfahan city, Iran, And the meetings will be held at the Parsian Clinic.

##### Participants/Inclusion and exclusion criteria

Entry criteria: Female sex; People who have been diagnosed with obsessive-compulsive disorder; People who have low or sufficient insight into their OCD disorder; People whose score in the Yale Brown test is less than 25; People whose onset of OCD symptoms is less than two years; Minimum education is 12th grade  
Exit criteria: Existence of other coexisting disorder; presence of other parallel psychiatric treatments; People who have delusional belief

##### Intervention groups

The first experimental group is acceptance and commitment therapy with exposure and response

prevention. The second group includes schema therapy with exposure and response prevention. The third group is the control group and does not receive any interventions.

##### Main outcome variables

Intensity of obsession, obsessive beliefs, experiential avoidance, perfectionism

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230119057157N1**

Registration date: **2023-02-15, 1401/11/26**

Registration timing: **prospective**

Last update: **2023-02-15, 1401/11/26**

Update count: **0**

##### Registration date

2023-02-15, 1401/11/26

##### Registrant information

##### Name

Mahnaz Ghatreh Samani

##### Name of organization / entity

The University of Semnan

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3780 3703

##### Email address

mahnaz.samani@gmail.com

##### Recruitment status

**Recruitment complete**

## Funding source

### Expected recruitment start date

2023-02-20, 1401/12/01

### Expected recruitment end date

2023-03-21, 1402/01/01

### Actual recruitment start date

empty

### Actual recruitment end date

empty

### Trial completion date

empty

## Scientific title

The Comparison Effectiveness of acceptance and commitment therapy with exposure and response prevention and schema therapy with exposure and response prevention on obsession, experiential avoidance, perfectionism and psychological distress in patient with obsession and compulsion disorder

## Public title

The Comparison Effectiveness of acceptance and commitment therapy with exposure and response prevention and schema therapy with exposure and response prevention on obsession compulsion disorder

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Diagnosis of obsessive-compulsive disorder Minimum education is 12th grade People whose insight into their disorder is good or sufficient, and low People whose score in the Yale Brown Questionnaire is less than 25 People whose duration of obsessive-compulsive disorder is less than 2 years People whose obsessive-compulsive disorder is not so severe as to impair their cognition

### Exclusion criteria:

The presence of other coexisting disorders Other parallel psychiatric treatments People whose disorder is so severe that their cognition is impaired People who have no insight into their disorder or have delusional beliefs

## Age

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

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **54**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Assigning people to groups is simple random. After selecting people as samples, a list of them is prepared (For example, 01,02, ... ,60), Then, in the random number table, a row and a column are randomly selected and their intersection is determined as the starting point. It is predetermined whether the direction of reading the numbers is left, right, up or down and which two digits of

the number in the random number table determine each person's number (for example, the middle two digits). After selecting 20 people for the first group, 20 people for the second group, and 20 people for the third group, the next step is assigning the groups. First, the names of the groups are written on 3 separate papers and they are folded 4 times so that there is no view of the writings. The papers are put in a container and place them randomly in separate folders with three different colors, green, yellow and red. At this stage, the researcher does not know what group is inside each folder. Green, yellow and red colors are written on the other three papers and they are folded 4 times. they are put into a container and the papers are randomly selected and the groups are determined. For example, if the first lottery was green and in the green folder was schema therapy with exposure and response prevention, the people who were selected in the first group with random number table will be placed in the schema therapy with exposure and response prevention group.

## Blinding (investigator's opinion)

Not blinded

## Blinding description

### Placebo

Not used

### Assignment

Parallel

## 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

Basij Blvd., Semnan

##### City

Semnan

##### Province

Semnan

##### Postal code

3514799442

#### Approval date

2022-12-26, 1401/10/05

#### Ethics committee reference number

IR.SEMUMS.REC.1401.254

## Health conditions studied

### 1

#### Description of health condition studied

obsession compulsion disorder

#### ICD-10 code

F42

## ICD-10 code description

Obsessive-compulsive disorder

## Primary outcomes

### 1

#### Description

severity of obsession compulsion disorder

#### Timepoint

before and after intervention

#### Method of measurement

Yale Brown Questionnaire

## Secondary outcomes

### 1

#### Description

Obsessive Beliefs

#### Timepoint

before and after intervention

#### Method of measurement

The Obsessive Beliefs Questionnaire

### 2

#### Description

Perfectionism

#### Timepoint

before and after intervention

#### Method of measurement

Frost Multidimensional Perfectionism Scale

### 3

#### Description

Experiential Avoidance

#### Timepoint

before and after intervention

#### Method of measurement

Acceptance and Action Questionnaire-II

### 4

#### Description

psychological distress

#### Timepoint

before and after intervention

#### Method of measurement

Depression Anxiety and Stress Scale

## Intervention groups

### 1

#### Description

The first intervention group: acceptance and commitment therapy with exposure and response prevention. This treatment consists of 8 sessions and is held every week for 45 minutes. The goals of this therapy include increasing psychological flexibility,

Decreased experiential avoidance, Teaching mindfulness exercises to observe thoughts and anxiety, Non-judgment to inner experiences, Creating a hierarchy of compulsive activities and tendency to experience discomfort, Clarification and classification of values and exposure and response prevention based on values, Removing barriers to exposure and response prevention, Practicing uncertainty and incompleteness and creating meaningful moments and daily commitment to values, Increasing the quality of life and preventing relapse and modifying lifestyle.

#### Category

Other

### 2

#### Description

The second intervention group: schema therapy with exposure and response prevention, This treatment consists of 8 sessions and is held every week for 45 minutes. The treatment will include three parts: introduction and familiarization, change and the final part. Treatment goals include identifying primary maladaptive schemas, Creating a hierarchy of obsessions and hierarchical exposure and response prevention during treatment, Adjustment of primary maladaptive schemas, Transferring new learned skills from the treatment to the home environment, Prevent recurrence. In order to achieve the therapeutic goals, the technique of empty chair, the technique of rewriting painful images and memories and schematic notes are used.

#### Category

Other

### 3

#### Description

Control group: At first This group completes the pre-test and does not receive any intervention and remains on the waiting list. After the end of the sessions of the experimental groups, post-test will be taken from this group. In order to comply with research ethics, After completing the intervention in the experimental groups, the control group will receive intervention.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Parsian Clinic

##### Full name of responsible person

Mahnaz Ghatreh Samani

##### Street address

Before Malek Ave. ,Sharif vaghfi Ave.

##### City

Isfahan

##### Province

Isfahan

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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
The university of Semnan  
**Full name of responsible person**  
Mohammad Hossein Ehsani  
**Street address**  
Central Organization of Semnan University, across from Sokan Park  
**City**  
Semnan  
**Province**  
Semnan  
**Postal code**  
3513119111  
**Phone**  
+98 23 3365 4138  
**Email**  
ehsani@semnan.ac.ir  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
The university of Semnan  
**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**  
The university of Semnan  
**Full name of responsible person**  
Mahnaz Ghatreh Samani  
**Position**  
Ph.D. Student  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Psychology  
**Street address**

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
The university of Semnan  
**Full name of responsible person**  
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## Person responsible for updating data

#### Contact

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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 participant's information will be shared but their names will be removed.

**When the data will become available and for how long**

The access starts one year after the publication of the results

**To whom data/document is available**

Only faculty members in psychology

**Under which criteria data/document could be used**

Meta-analysis is allowed

**From where data/document is obtainable**

Send request to this email: mahnaz.samani@gmail.com

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

Data will be sent within two weeks after request

**Comments**