Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effectiveness of neurofeedback on rumination and cognitive avoidance of people with obsessive-compulsive disorder

Protocol summary

Study aim

Determining the effectiveness of neurofeedback on rumination and cognitive avoidance in people with obsessive-compulsive disorder

Design

A controlled, parallel-group, single-blind, randomized, phase 2 trial of 30 patients. The rand function of Excel software was used for randomization

Settings and conduct

After obtaining the necessary permits and referring to Rahmon's counseling and psychological services center in Amol, the people who meet the entry criteria and are willing to participate in the research will be identified, then the Yale Brown Practical Obsession Questionnaire will be distributed among the people,30 people who scored at least 16 from Yale Brown's Practical Obsession Questionnaire (1986) were selected as a sample and will be randomly assigned to an experimental group and a control group,The neurofeedback system will be used for the intervention of the experimental group. The participants in this study will be studied individually and for about two months through the neurofeedback device in rahnemon clinic. This research uses the Iranian BIOLINE 12-channel device, which can be implemented with the help of a computer system and related software

Participants/Inclusion and exclusion criteria

Inclusion Criteria: 1. The selected people will be willing and interested in participating in the study. 2. Have obtained a minimum score of 16 from Yale Brown Practical Obsession Questionnaire 3. Be able to share their information and experiences. Exclusion Criteria: 1. Having a history of physical disorder that involves mental struggle

Intervention groups

15 people will be assigned to the experimental group (related to neurofeedback exercises), 15 people will be assigned to the experimental group (control)

Main outcome variables

Neurofeedback is the independent variable of the present study. The first dependent variable is rumination and the second dependent variable is cognitive avoidance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230526058295N1**
Registration date: **2023-09-02, 1402/06/11**
Registration timing: **prospective**

Last update: **2023-09-02, 1402/06/11**
Update count: **0**

Registration date

2023-09-02, 1402/06/11

Registrant information

Name

Elahe Azizi

Name of organization / entity

Ayatollah amoli azade university

Country

Iran (Islamic Republic of)

Phone

+98 933 490 8016

Email address

e.azizi1998@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-06, 1402/06/15

Expected recruitment end date

2023-09-16, 1402/06/25

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effectiveness of neurofeedback on rumination and cognitive avoidance of people with obsessive-compulsive disorder

Public title
Investigating the effectiveness of neurofeedback on rumination and cognitive avoidance of people with obsessive-compulsive disorder
Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
The selected people are willing and interested in participating in the study They Have obtained a minimum score of 16 from the 1986 Yale-Brown Obsession compulsion Questionnaire
Exclusion criteria:
Age
From **18 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
People who met the entry criteria and were willing to participate in the research are identified. Then, Yale-Brown Practical Obsessive Compulsive Questionnaire was distributed among the people, 30 people who scored at least 16 from the Yale Brown Practical Obsessive Compulsive Questionnaire (1986) were selected as samples. 15 cards are prepared in the name of the experimental group and 15 cards in the name of the control group. After the cards are dealt, the participants will be asked to take one card each and place themselves in their group.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
komite akhlagh Azad university of babol
Street address
3 km of Ghaemshahr road, Babol
City
Babol
Province
Mazandaran
Postal code
4615888774
Approval date
2023-07-03, 1402/04/12
Ethics committee reference number
IR.IAU.BABOL.REC.1402.016

Health conditions studied

1

Description of health condition studied
People with obsessive compulsive disorder
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Reducing post-test rumination and cognitive avoidance
Timepoint
Before the start of the intervention and two months after the start of the intervention
Method of measurement
Nolen, Hoeksma and Maro (1993) rumination questionnaire and Sexton and Dagas (2004) cognitive avoidance questionnaire in the pre-test and post-test stages.

Secondary outcomes

1

Description
Reducing the symptoms of obsessive-compulsive disorder
Timepoint
Two months after the start of the intervention
Method of measurement
Yale Brown Questionnaire (1986), Nolen, Hoeksma and Maro's Rumination Questionnaire (1993) and Sexton and Dagas Cognitive Avoidance Questionnaire (2004)

Intervention groups

1

Description
Intervention group: Intervention group: 15 people will be assigned to the experimental group (related to neurofeedback exercises), 15 people will be assigned to the control group. The experimental group receives neurofeedback training during 18 regular sessions over a period of 6 weeks and three sessions per week.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Rahnemon clinic

Full name of responsible person
Elahe azizi

Street address
Darya 27/1 Alley, taleb amoli Ave

City
Amol

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4615888774

Phone
+98 933 490 8016

Email
e.zizi1998@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rahnemon clinic

Full name of responsible person
Elahe azizi

Street address
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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
Rahnemon clinic

Proportion provided by this source
100

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Rahnemon clinic

Full name of responsible person
Elahe azizi

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

Contact

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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

Contact

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Full name of responsible person
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Position
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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
No - There is not 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 data is potentially shareable after de-identifying individuals.

When the data will become available and for how long
The access period starts 6 months after the results are published

To whom data/document is available
The data will be available to all

Under which criteria data/document could be used
The use of documents for research and reference is allowed

From where data/document is obtainable
Applicants can apply through email to receive Email: e.azizi1998@gmail.com

What processes are involved for a request to access data/document
Applicants can apply via email to receive within a few weeks

Comments