Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison and effectiveness of direct transcranial electrical stimulation of the brain and emotion therapy focused on the cognitive regulation of emotion, mindfulness and fusion of thought and action in patients with obsessive-compulsive disorder.

Protocol summary

Study aim
Comparison and effectiveness of direct transcranial electrical stimulation of the brain and emotion-oriented therapy on the cognitive regulation of emotion, mindfulness and integration of thought and action in patients with obsessive-compulsive disorder

Design
Subjects in the experimental group receive 10 20-minute treatment sessions of 1 mA in the left DLPFC region in such a way that the anodic electrode is placed in the left DLPFC region and the cathode electrode is placed in the shoulder region of the patient. In the control group, the device is turned off. Also, the second experimental group receives 8 sessions of emotional therapy

Settings and conduct
Obsessive-compulsive disorder patients referred to Negha Ainde Clinic in Yazd

Participants/Inclusion and exclusion criteria
Inclusion criteria: age 25 to 45 years, obsessive-compulsive disorder in people for the purpose of screening using the obsessive-compulsive questionnaire, not consuming alcoholic beverages. Exclusion criteria: simultaneous use of other treatment, presence of other accompanying psychiatric disorder, absence More than 2 sessions of treatment, failure to complete the questionnaire in any of the stages of treatment, history of substance abuse, psychoactive drugs or history of brain damage, starting or stopping psychiatric drugs at once one week before the start of treatment or during the sessions treatment

Intervention groups
Intervention and control

Main outcome variables
The mentioned treatment method can be considered as an effective treatment method in order to reduce the symptoms of obsession in patients with obsessive compulsive disorder due to special focus on the category of emotion.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20241030063545N1**
Registration date: **2024-11-07, 1403/08/17**
Registration timing: **prospective**

Last update: **2024-11-07, 1403/08/17**
Update count: **0**

Registration date
2024-11-07, 1403/08/17

Registrant information

Name
Mansoure PoorJaneb Elahi

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-11-10, 1403/08/20

Expected recruitment end date
2024-11-20, 1403/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison and effectiveness of direct transcranial electrical stimulation of the brain and emotion therapy focused on the cognitive regulation of emotion, mindfulness and fusion of thought and action in patients with obsessive-compulsive disorder.

Public title

Transcranial Direct Electrical Stimulation of the Brain and Excitatory Therapy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Has Obsessive-Compulsive Disorder Consent to Participate in the Research

Exclusion criteria:

Age

From **25 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Using the Purposeful Sampling Method, 45 People will be Selected and will be Placed in Two Intervention Groups (15 people in each group) and a Control Group (15 people) Using the lottery Method.

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

Islamic Azad University, Zahedan Branch

Street address

University Street. Zahedan, Iran.

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743545

Approval date

2024-10-20, 1403/07/29

Ethics committee reference number

IR.IAU.ZAH.REC.1403.058

Health conditions studied

1

Description of health condition studied

Cognitive regulation of emotion, mindfulness and fusion of thought and action

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

1. Transcranial direct electrical stimulation of the brain is effective on the cognitive regulation of emotions in patients with obsessive-compulsive disorder. 2. Direct transcranial electrical stimulation of the brain is effective on the mindfulness of patients with obsessive-compulsive disorder. 3. Direct transcranial electrical stimulation of the brain is effective on the integration of thought and action in patients with obsessive-compulsive disorder. 4. Emotion-oriented therapy on orderliness Cognitive emotion, mindfulness and fusion of thought and action of patients with obsessive-compulsive disorder are effective. 5. Emotional therapy focused on the cognitive regulation of emotions of patients with obsessive-compulsive disorder is effective. 6. Emotional therapy focused on mindfulness of patients with obsessive-compulsive disorder is effective. 7. Emotional therapy based on the fusion of thought and action of patients with obsessive-compulsive disorder is effective.

Timepoint

This semi-experimental study will be pre-test and post-test with intervention and control groups.

Method of measurement

Padua Obsessive-Compulsive Disorder Questionnaire (PPI): - Cognitive Emotion Regulation Questionnaire (CERQ): Bayer Mindfulness Questionnaire (FFMQ-39): Thought-Act Blend Scale (Shafran et al., 1996):

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Experimental group of transcranial direct electrical stimulation of the brain

Category

Treatment - Other

2

Description

Intervention group: Excited experimental group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Future Look Clinic

Full name of responsible person

Mansoura Pourjanmollahi

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Shahid Bahonar St., in front of Hosseinieh Mahdieh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

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

Islamic Azad University

Proportion provided by this source

1

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

Islamic Azad University

Full name of responsible person

Dr. Sophia Khanghahi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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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
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
The thesis will be attached. Irandak
When the data will become available and for how long
After the final defense of the thesis
To whom data/document is available
All researchers
Under which criteria data/document could be used
Scientific use
From where data/document is obtainable
Irandak
What processes are involved for a request to access data/document
According to the rules of Irandak
Comments