

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Comparison between methods of "biomedical therapy "," exposure and response prevention" and the composite in reduction the compulsive behavior of 20 - 40 year old women with compulsive disorder in Tehran

Protocol summary

Summary

In order to compare the effectiveness of biomedical method , exposure and response prevention or combined method in the decrease of obsessive compulsion behaviors , a sample of eighty 20 – 40 year old women who had consulted therapy centers (including 10 psychologists offices 4 psychotherapy clinics and one psychiatric hospital during the second half of the year 1387) was selected through convenience sampling. Then they were divided into 4 groups : one control group (20 members) and 3 experimental groups , each one treated with one of these three methods : chemi-biological therapy (flo.clo.xa) , exposure and response prevention and a combination of both . moreover, two standard tests (obsessive compulsion tests of maudsley) and that of yale brown) were used and collected datas were statistically in two areas of description and deduction.

General information

Acronym

OCD : Obsessive – Compulsive Disorder

IRCT registration information

IRCT registration number: **IRCT201201118697N1**

Registration date: **2012-01-21, 1390/11/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-01-21, 1390/11/01

Registrant information

Name

Parnian Ghavam

Name of organization / entity

Payame noor university

Country

Iran (Islamic Republic of)

Phone

0

Email address

parnian_ghavam@yahoo.com

Recruitment status

Recruitment complete

Funding source

Payame Noor University

Expected recruitment start date

2008-11-21, 1387/09/01

Expected recruitment end date

2009-06-22, 1388/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between methods of "biomedical therapy "," exposure and response prevention" and the composite in reduction the compulsive behavior of 20 - 40 year old women with compulsive disorder in Tehran

Public title

Controlling the compulsive behavior by "Biomedical therapy" , "Exposure-Ritual inhibition"or "combined method"?

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1- OCD diagnose. 2- Age: between 20-40. 3- Duration of OCD more than 2 years. 4- Consent to participate in study. Exclusion criteria: 1- No consent to participate in study. 2- Systemic and chronic illness. 3-

History of identified somatic and mental disorder and hospitalization

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Payame noor university

Street address

Sepand St - Nejatollahi Ave

City

Tehran

Postal code

Approval date

2008-11-11, 1387/08/21

Ethics committee reference number

4339/111/1002/

Health conditions studied

1

Description of health condition studied

Obsessive compulsive disorder

ICD-10 code

F42

ICD-10 code description

Obsessive-compulsive disorder

Primary outcomes

1

Description

Compulsive behavior

Timepoint

Pre intervention, 6 months and 9 months after intervention

Method of measurement

Two standard tests; obsessive compulsion tests; maudsley and yale brown's tests

Secondary outcomes

empty

Intervention groups

1

Description

This description has been taken by 20 subjects for a period of 6 months . Clomipramine25- twice a day Fluvoxamine50-twice a day Xanax 0.5- once a day . And E.R.P operated for 6 months . (During the first and second months 3 times per week / during the third months everyday/during the forth & fifth months twice per week / during the sixth month once a week)

Category

Treatment - Drugs

2

Description

Group 4 is control group

Category

N/A

3

Description

Exposure and Response prevention operated on 20 subjects for a period of 60 months . (During the first and second months 3 times per week / during the third months everyday/during the forth & fifth months twice per week / during the sixth month once a week)

Category

Behavior

4

Description

This description has been taken by 20 subjects for a period of 6 months . Clomipramine25- twice a day Fluvoxamine50-twice a day Xanax 0.5- once a day

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Doctor's Office

Full name of responsible person

Dr. Seyed Ahmad Vaezi

Street address

Mehdizade street- kargar Ave - Enqelab Sq

City

Tehran

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Payame Noor University

Full name of responsible person

Dr. Ahmad Alipoor

Street address

Nejatollahi Ave . Sepan St

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Payame Noor University

Proportion provided by this source

100

Public or private sector*empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Payame Noor University

Full name of responsible person

Parniam Ghavam

Position

Psychologist

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Payame Noor University

Full name of responsible person

Parnian Ghavam

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M.A

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

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Full name of responsible person

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Position

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*