

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effectiveness of cognitive behavioral therapy based on exposure and response prevention on reduction of obsessive compulsive symptoms, changing P300 component and improving executive functioning in scrupulosity and contamination obsessions

#### Protocol summary

##### Study aim

Comparison of the effectiveness of cognitive behavioral therapy based on exposure and response prevention on reduction of obsessive compulsive symptoms, changing P300 component and improving executive functioning in scrupulosity with contamination obsessions patients

##### Design

This was an experimental singleblind randomized controlled trial. In this study, 60 individuals with obsessive-compulsive disorder selected by the use of convenience sampling method. They are included in two treatment groups and a control group. Before the intervention, Beck Depression Inventory, Yale-Brown Compulsive Compulsive Scale, Penn's Religious Compassion Questionnaire, Wisconsin Card Classification Test, and Event-Related Potential Record are performed on the subjects of the three groups. Each person in the intervention group is treated to exposure and prevent the response. After the intervention, the initial measurements will be repeated. To analyze the data, multivariate covariance analysis and Bonferroni's post hoc test are used.

##### Settings and conduct

Measurements of all three groups of study and treatment sessions of intervention groups are performed individually in Yazd Bahman nouropsychiatry clinic. A model of the 24-channel electroencephalograph is used to record patterns of brain waves.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a minimum score on the Yale-Brown Practical Scale and Penn's Religious Compassion Inventory. Exclusion criteria: Comorbidities with Psychiatric disorders, anxiety, major depressive, bipolar, significant neurological disorder personality disorder, Consumption of the drug or simultaneous consumption of the drug for less than two years.

##### Intervention groups

The first intervention group: scrupulosity The second intervention group: OCD contamination control group

##### Main outcome variables

obsessive compulsive symptoms, P300 component, executive function

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190514043591N1**

Registration date: **2019-08-28, 1398/06/06**

Registration timing: **registered\_while\_recruiting**

Last update: **2019-08-28, 1398/06/06**

Update count: **0**

##### Registration date

2019-08-28, 1398/06/06

##### Registrant information

##### Name

Farzad Farhoodi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3827 5678

##### Email address

farzad.farhoodi@mail.um.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-07-29, 1398/05/07  
**Expected recruitment end date**  
2019-08-29, 1398/06/07  
**Actual recruitment start date**  
empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty

#### **Scientific title**

The effectiveness of cognitive behavioral therapy based on exposure and response prevention on reduction of obsessive compulsive symptoms, changing P300 component and improving executive functioning in scrupulosity and contamination obsessions

#### **Public title**

The effectiveness of cognitive behavioral therapy based on exposure and response prevention on reduction of obsessive compulsive symptoms in scrupulosity and contamination obsessions

#### **Purpose**

Treatment

#### **Inclusion/Exclusion criteria**

##### **Inclusion criteria:**

Diagnosis of obsessive-compulsive disorder through a structured clinical interview based on DSM-IV criteria The minimum score for the diagnosis of obsessive-compulsive disorder in the Yale-Brown Compulsive Scale The minimum score for the diagnosis of obsessive-compulsive disorder in the Penn's Religious Observatory. Aged 18 to 55 years The minimum cycle level of education

##### **Exclusion criteria:**

The risk of psychiatric disorder such as anxiety disorders, major depressive disorder, bipolar disorder, significant neurological disorder such as epilepsy, History of severe head injury Impaired vision and hearing Personality disorder Consumption of the drug or the simultaneous consumption of the drug in the last two years

#### **Age**

From **18 years** old to **55 years** old

#### **Gender**

Both

#### **Phase**

N/A

#### **Groups that have been masked**

- Participant

#### **Sample size**

Target sample size: **75**

#### **Randomization (investigator's opinion)**

Randomized

#### **Randomization description**

Simple randomization method is used to allocate individuals in groups

#### **Blinding (investigator's opinion)**

Single blinded

#### **Blinding description**

Participants were kept blind in this study

#### **Placebo**

Not used  
**Assignment**  
Parallel  
**Other design features**

## **Secondary Ids**

empty

## **Ethics committees**

### 1

#### **Ethics committee**

##### **Name of ethics committee**

Ethics committee of Ferdowsi University of Mashhad

##### **Street address**

Azadi Square, Mashhad, Razavi Khorasan Province, Iran

##### **City**

Mashhad

##### **Province**

Razavi Khorasan

##### **Postal code**

9177948974

#### **Approval date**

2019-07-29, 1398/05/07

#### **Ethics committee reference number**

IR.UM.REC.1398.049

## **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**

obsessive compulsive symptoms

#### **Timepoint**

Before the intervention, After intervention

#### **Method of measurement**

Yale-Brown's Obsessive-Compulsive Scale Religious Penny Questionnaire

### 2

#### **Description**

Executive functioning

#### **Timepoint**

Before the intervention, After intervention

#### **Method of measurement**

Wisconsin Card Sorting Test

### 3

**Description**

P300 component

**Timepoint**

Before the intervention, After intervention

**Method of measurement**

ERP

## Secondary outcomes

### 1

**Description**

Depression

**Timepoint**

Before the intervention, After intervention

**Method of measurement**

Beck scale

## Intervention groups

### 1

**Description**

Intervention group 1: The group of scrupulosity patients under 10-15 sessions of exposure and response prevention.

**Category**

Treatment - Other

### 2

**Description**

Intervention group 2: The group of contamination patients under 10-15 sessions of exposure and response prevention.

**Category**

Treatment - Other

### 3

**Description**

Control group: They receive no intervention.

**Category**

N/A

## Recruitment centers

### 1

**Recruitment center****Name of recruitment center**

Bahman nourepsychiatry clinic

**Full name of responsible person**

Farzad Farhoodi

**Street address**

Kashani street

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Yazd

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## Sponsors / Funding sources

### 1

**Sponsor****Name of organization / entity**

Ferdowsi University of Mashhad

**Full name of responsible person**

Dr Ali Mashhadi

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Azadi Square, Mashhad, Razavi Khorasan Province, Iran

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pr@um.ac.ir

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

Yes

**Title of funding source**

Ferdowsi University of Mashhad

**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**

Hamid Mirhoseini

**Position**

Assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Neuroscience  
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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Ferdowsi University of Mahhad  
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Javad Salehi Fadardi  
**Position**  
Professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Psychology  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Ferdowsi University of Mahhad  
**Full name of responsible person**  
Farzad Farhoodi  
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PhD Candidate  
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Master  
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Psychology  
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farzad\_farhoodi@yahoo.com

## 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

The total potential data can be shared after  
unidentifiable participant

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

6 months after publication

### To whom data/document is available

people working in academic institutions

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

Confidential raw data for secondary analysis will be  
available to researchers.

### From where data/document is obtainable

farzad farhoodi 00989133590446

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

Submit a proposal from prestigious academic institution

### Comments