# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 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 Bonferron'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 nourepsychiatry 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)
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**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
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## Sponsors / Funding sources

**1**

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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**
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**
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Yazd University of Medical Sciences
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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**
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**