Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effectiveness of metacognitive therapy in improving sign and symptoms and metacognitive beliefs and quality of life in patients with obsessive-compulsive disorder

Protocol summary

Summary

Objective:The pupose of this study was to determine the effectiveness of metacognitive therapy in improving sign and symptoms and metacognitive beliefs and quality of life in patients with obsessive-compulsive disorder . Methods and Materials: In the present study we used non-congruent multiple baseline experimental single case study design. Three women with Obsessive – compulsive disorder(OCD) were selected from patients who refered to the counseling center of zanjan university of medical science in 2016 by using purposeful sampling method, along with diagnostic interview and Structured Clinical Interview for DSM-IV (SCID) based on disorders axis I. Patients underwent the treatment process subsequent to obtaining treatment requirements. Patients didn't have any other disorder. The efficacy of Metavognitive therapy Protocol was carried out in three phase of intervention (Baseline, 8 session treatment and 8 weeks follow-up) by using the Y-Brown obsessive – compulsive inventory, Meta cognition Questionnaire, Beck anxiety and depression Questionnaire,Thought action fusion Questionnaire and Quality of life short form Questionnaire. Data analyzed with visuals inspection, improvement percentage , Effect size and Reliable change index (RCI) strategies.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017040532460N1**
Registration date: **2017-04-05, 1396/01/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-04-05, 1396/01/16

Registrant information

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Zanjan University Of Medical Scienses
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Zanjan University Of Medical Sciences

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-04-20, 1395/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of metacognitive therapy in improving sign and symptoms and metacognitive beliefs and quality of life in patients with obsessive-compulsive disorder

Public title

Effectiveness Of Metacogntive Therapy On Obsessive-Compulsive Disorder

Purpose

Treatment

Inclusion/Exclusion criteria
Inclusion criteria: having OCD diagnistic criteria; age between18-40; average level education; not taking medication Exclusion criteria: psychotic symptoms; suicidal thoughts; personality disorder; substance abuse; getting any other psychological interventions
Age
From **18 years** old to **40 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **3**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Zanjan University Of Medical Sciences
Street address
Zanjan University Of Medical Science; Gavazang Road; Zanjan
City
Zanjan
Postal code
4513615788
Approval date
2016-03-20, 1395/01/01
Ethics committee reference number
ZUMS.REC.1395.53

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
Symptoms of obssessive -compulsive disorder
Timepoint
Three times before intervention, Four times durig intervention, Two times after intervention
Method of measurement
Y-Brown Obsessive – Compulsive Inventory

Secondary outcomes

1

Description
Anxiety
Timepoint
Three times before intervention; Four times during intervention; Two times after intervention
Method of measurement
Beck-Anxiety Questionnare

2

Description
Depression
Timepoint
Three times before intervention; Four times during intervention; Two times after intervention
Method of measurement
Beck-Deppresion Questionnare

3

Description
Meta-Cognitive Beliefs
Timepoint
Three times before intervention; Four times during intervention; Two times after intervention
Method of measurement
Meta-Cognitive Questionnare

4

Description
Thought Fusion
Timepoint
Three times before intervention; Four times during intervention; Two times after intervention
Method of measurement
Thought Fusion Questionnare

5

Description
Quality Of Llife
Timepoint
Three times before intervention; Four times during intervention; Two times after intervention
Method of measurement
p Wellbeing Index

Intervention groups

1

Description
In the present study we used non-congruent multiple baseline experimental single case study design. Three women with Obsessive – compulsive disorder(OCD) were selected from patients who refered to the counseling center of zanjan university of medical science by using purposeful sampling method, along with diagnostic interview and Structured Clinical Interview for DSM-IV (SCID) based on disorders axis I. . The efficacy of Metavognitive therapy Protocol was carried out in three phase of intervention (Baseline,8 session treatment and 8 weeks follow-up) by using the Y.brown obsessive-compulsive Questionnaire; Beck Anxiety and Depression Questionnaire; Meta cognition Questionnaire, Thought fusion Questionnaire and Quality of life Questionnaire .
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Counseling Center Of Zanjan University Of Medical Science
Full name of responsible person
Mohammad Beigi
Street address
Zanjan university of medical science; End of shahrak karmandan; Zanjan
City
Zanjan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Zanjan University Of Medical Sciences
Full name of responsible person
Mahin Ganjkhani
Street address
Zanjan University Of Medical Sciences; At the begining of jomhoory street; Azadi square; Zanjan
City
Zanjan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Zanjan University Of Medical Sciences
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
Zanjan University Of Medical Science
Full name of responsible person
Nasim Nateghi
Position
Student/Master
Other areas of specialty/work
Street address
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Person responsible for scientific inquiries

Contact
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Mohsen Dadashi
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Person responsible for updating data

Contact
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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