# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## Comparison of the Efficacy of Acceptance and Commitment Therapy and Cognitive-Behavior Therapy on experiential avoidance, values and symptom in adolescent Obsessive-Compulsive Disorder

## Protocol summary

**Summary**

This study aims to compare the effectiveness of Acceptance and Commitment Therapy and Cognitive-Behavior Therapy in experience avoidance, values, and reducing symptoms in adolescent Obsessive-Compulsive Disorder patients. This study serves as a clinical trial and involves pre-and post-testing with control group assessment of effects. The population of study consists of all adolescent patients with Obsessive-Compulsive Disorder in Kashan. A non-random sample of 60 adolescent patients with primary diagnosis of OCD will be selected and randomly divided into two interventions (ACT and CBT) and one control groups. Assessment tools for this study include Obsessive Compulsive Inventory-Child Version (OCI-CV), The Avoidance and Fusion Questionnaire for Youth (AFQ-Y), and Valued Living Questionnaire (VLQ). The main outcome variables are experience avoidance, values, and OCD symptoms.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2017032633144N1**
Registration date: **2017-09-02, 1396/06/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**

2017-09-02, 1396/06/11

**Registrant information**

**Name**

Mohammad Javad Shabani

**Name of organization / entity**

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**Recruitment status**

**Recruitment complete**

**Funding source**

Kashan University of Medical Sciences

**Expected recruitment start date**

2017-01-29, 1395/11/10

**Expected recruitment end date**

2017-05-10, 1396/02/20

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of the Efficacy of Acceptance and Commitment Therapy and Cognitive-Behavior Therapy on experiential avoidance, values and symptom in adolescent Obsessive-Compulsive Disorder

**Public title**

Comparison of the Efficacy of Acceptance and Commitment Therapy and Cognitive-Behavior Therapy on experiential avoidance, values and symptom in adolescent Obsessive-Compulsive Disorder

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: a diagnosis of obsessive-compulsive

disorder according to DSM-5; age range of 12-18 y/o; formal consent to participate in the study ;no history of brain trauma; major disabilities like mental retardation; no drug abuse history; absence of severe psychiatric conditions (e.g. schizophrenia and bipolar disorder). Exclusion criteria: past (1 year) and present history of psychological therapeutic interventions; absence in more than 2 sessions.

**Age**
From **12 years** old to **18 years** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **60**

**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**
Ethics committee of Kashan University of Medical Sciences and Health Services

**Street address**
Ravand highway، Kashan University of Medical Sciences

**City**
kashan

**Postal code**

**Approval date**
2017-01-18, 1395/10/29

**Ethics committee reference number**
IR.KAUMS.REC.1395.124

## 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**
experiential avoidance

**Timepoint**
Before intervention (baseline), after two month (post)

**Method of measurement**
Avoidance and Fusion Questionnaire for Youth (AFQ-Y)

### 2

**Description**
values

**Timepoint**
Before intervention (baseline), after two month (post)

**Method of measurement**
Valued Living Questionnaire (VLQ)

### 3

**Description**
OCD symptoms

**Timepoint**
Before intervention (baseline), after two month (post)

**Method of measurement**
Obsessive Compulsive Inventory (OCI-CV) AND Children's Yale-Brown Obsessive Compulsive Scale (CY-BOCS)

## Secondary outcomes

### 1

**Description**
therapeutic alliance

**Timepoint**
after intervention on experimental group

**Method of measurement**
Therapeutic Alliance Scale for Children: Youth Version

## Intervention groups

### 1

**Description**
acceptance and commitment group therapy for 8 sessions of 1 hours on the intervention group + routine medical treatment

**Category**
Behavior

### 2

**Description**
Cognitive behavioural therapy (CBT) for 12 sessions of 1 hours on the intervention group+routine medical treatment

**Category**

Behavior

**3**

**Description**
Routine medical treatment + psychological training for 12 sessions of one hours for control group
**Category**
Treatment - Drugs

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Kargarnejad Hospital
**Full name of responsible person**
hamidmohsenabadi
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Ravand highway، Kashan University of Medical Sciences
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## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Kashan University of Medical Science
**Full name of responsible person**
Gholamali Hamidi
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Ravand 5 km road, Kashan Medical Science Collection
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Kashan
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Kashan University of Medical Science
**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

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## Person responsible for updating data

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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*