Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 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

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Farzad Farhoodi

Name of organization / entity

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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

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Postal code

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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
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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
Name of organization / entity
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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