Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

comparative examination of mindfulness-based compassion therapy and eye movement desensitization and reprocessing therapy with pharmacological control on emotion regulation, psychological adjustment, and anxiety in patients with obsessive–compulsive disorder

Protocol summary

Study aim
Comparing the effectiveness of two approaches: mindfulness-based compassion therapy and eye movement desensitization therapy, along with conventional drug treatment, on the psychological state of patients with obsessive-compulsive disorder

Design
Controlled clinical trial, with parallel groups, single-blind, individually randomized on 45 patients

Settings and conduct
Individuals with obsessive-compulsive disorder who visit the Armana Psychology Clinic in Yazd during the study will be included if they meet the eligibility criteria. Simple randomization will be used for allocation. This study is single-blind. Questionnaires will be recorded with anonymous codes and delivered to the outcome assessor and data analyst.

Participants/Inclusion and exclusion criteria
Inclusion criteria: suffering from obsessive-compulsive disorder, minimum literacy, receiving consistent medication, full attendance at sessions; Exclusion criteria: history of psychotic disorders, history of suicide attempts, severe learning disabilities, drug use or alcohol dependence

Intervention groups
Intervention Group 1: Participants will undergo Mindfulness-Based Compassion Therapy (MBCT) according to the protocol developed by Pirzad et al. This intervention comprises 8 weekly sessions, with each session lasting 90 minutes. Intervention Group 2: Participants will undergo Eye Movement Desensitization and Reprocessing (EMDR) according to the protocol developed by Dressen et al. This intervention comprises 8 weekly sessions, with each session lasting 45 minutes. Control Group: Participants in this group will not receive any specific intervention.

Main outcome variables
Severity of obsessive-compulsive disorder symptoms; anxiety; psychological adjustment; emotion regulation

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260604069641N1**
Registration date: **2026-07-24, 1405/05/02**
Registration timing: **registered_while_recruiting**

Last update: **2026-07-24, 1405/05/02**
Update count: **0**

Registration date
2026-07-24, 1405/05/02

Registrant information

Name
Sepideh Semsar Yazdi

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University of Science and Art, Yazd, Iran

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-06-26, 1405/04/05

Expected recruitment end date

2026-09-27, 1405/07/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparative examination of mindfulness-based compassion therapy and eye movement desensitization and reprocessing therapy with pharmacological control on emotion regulation, psychological adjustment, and anxiety in patients with obsessive–compulsive disorder

Public title

Comparison of psychological treatments for OCD

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Suffering from obsessive-compulsive disorder (OCD) OCD of the type of contamination, washing and checking Treatment started less than six months ago in the sample Having minimum reading and writing skills to answer questionnaire questions Receive fixed drug treatment (Asentra 100 mg) Availability to fully attend therapy sessions

Exclusion criteria:

History of psychotic or bipolar disorders History of suicide attempt in the last 6 months Receiving other structured psychotherapy at the same time Starting, stopping, or changing the dose of psychiatric medication within 8 weeks prior to study entry Presence of severe learning disabilities or neurological disorders Drug use or alcohol dependence in the last 6 months

Age

From **25 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be assigned to one of three groups—Mindfulness-Based Compassion Therapy (MBCT), Eye Movement Desensitization and Reprocessing (EMDR), or the control group—using a simple randomization method, with individual participants serving as the unit of randomization. To generate the allocation sequence, a series of random numbers will be produced using the random number generator function in SPSS (version 26.0). Allocation will be based on the generated numbers: numbers assigned to the MBCT group will be designated as ‘1’, numbers for the EMDR group as ‘2’, and numbers for the control group as ‘3’. To ensure strict allocation concealment, this sequence will be managed by an independent researcher who will have no involvement in the recruitment, clinical assessment, or treatment delivery. Prior to the start of the study, the independent researcher will prepare sequentially numbered, opaque, and sealed envelopes, each containing the group assignment (1, 2, or 3) based on the pre-generated random sequence. Upon enrollment and after obtaining written informed consent, the researcher/assessor will open the next available envelope in the sequence and assign the participant to the corresponding group.

Blinding (investigator's opinion)

Single blinded

Blinding description

This study is conducted in a single-blind manner. Questionnaires are recorded with anonymous codes and delivered to the outcome assessor and data analyst.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of University of Science and Culture, Jihad Daneshgahi

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Bahar Ave., Shahid Ghamoshi., Ashrafi Esfahani Blvd

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Approval date

2026-05-09, 1405/02/19

Ethics committee reference number

IR.ACECR.USC.REC.1405.039

Health conditions studied

1

Description of health condition studied

Obsessions and compulsions

ICD-10 code

F42

ICD-10 code description

Obsessive-compulsive disorder

Primary outcomes

1

Description
Severity of obsessive-compulsive symptoms (OCD)
Timepoint
Pre-intervention, immediately post-intervention, and 4 weeks post-intervention
Method of measurement
Clinical Assessment

Secondary outcomes

1

Description
Anxiety
Timepoint
Pre-intervention, immediately post-intervention, and 4 weeks post-intervention
Method of measurement
Beck Anxiety Inventory(Beck et al.,1990)

2

Description
Psychological adjustment
Timepoint
Pre-intervention, immediately post-intervention, and 4 weeks post-intervention
Method of measurement
Bell Adjustment Inventory(1961)

3

Description
emotion regulation
Timepoint
Pre-intervention, immediately post-intervention, and 4 weeks post-intervention
Method of measurement
Emotion Regulation Questionnaire(Gross & John,2003)

Intervention groups

1

Description
"Intervention group1:" The primary intervention is based on the Mindfulness-Based Compassion Training protocol, adapted from the model by Pirzad et al. (2024). This intervention will be conducted in eight weekly 90-minute sessions at the Armana Clinic in Yazd. Session 1: Introduction to Obsessive-Compulsive Disorder (OCD), mindfulness, and self-compassion, focusing on their role in reducing hopelessness. Exercises include breathing awareness and non-judgmental observation of obsessive thoughts. Session 2: Distinguishing between “thoughts,” “emotions,” and “obsessive behaviors,” emphasizing non-reactive observation. Practice of body scan with a compassionate approach toward unpleasant experiences. Session 3: Identifying difficult emotions associated with OCD (anxiety, shame, hopelessness) and fostering acceptance. Exercises focus on compassion-focused breathing and cultivating a sense of safety when facing threatening emotions. Session 4: Examining the role of self-blame and self-criticism in the maintenance of OCD. Practice of compassionate self-talk in response to obsessive thoughts and perceived mistakes. Session 5: Training in compassionate responses to obsessive thoughts as an alternative to avoidance or struggle. Exercises in experiencing acceptance with kindness, without the urge for immediate control. Session 6: Training in emotion regulation strategies based on the mindfulness and self-compassion model. Session 7: Practicing the “Mindful Pause” in OCD-triggering situations. Application of mindfulness and compassion to daily life challenges and OCD symptoms. Session 8: Mindful exposure to obsessive thoughts while maintaining a compassionate attitude. Review of acquired skills and the role of self-compassion in reducing hopelessness and enhancing psychological adjustment. Development of a personalized self-care and mindfulness plan for relapse prevention and sustained improvement.The therapeutic process is structured across eight distinct sessions, each carefully sequenced to build upon the foundational knowledge and skills established in preceding sessions. This hierarchical progression ensures that clients are adequately prepared and resourced at each stage, facilitating a systematic and cumulative approach to achieving therapeutic objectives.
Category
Treatment - Other

2

Description
"Intervention group 2:" The second intervention is based on the Eye Movement Desensitization and Reprocessing (EMDR) protocol, adapted from the model by Dreessen et al. (2024). This intervention will be implemented weekly in eight 45-minute sessions at the Armana Clinic in Yazd. Phase 1 (History Taking and Treatment Planning): Gathering baseline information, including family history, clinical background, current symptomatology, and the client’s existing social support system. Phase 2 (Preparation): Educating and preparing the client for processing traumatic memories. This phase involves teaching coping skills, pain management techniques, and relaxation exercises to be practiced between sessions. Phase 3 (Assessment): Identifying the target memory, selecting a negative cognition (NC), and establishing a positive cognition (PC). The client’s Subjective Units of Disturbance (SUD) scale and Validity of Cognition (VoC) scale are assessed and recorded. Phase 4 (Desensitization): The client focuses on the distressing image, negative beliefs, and associated physical sensations while receiving bilateral stimulation (BLS) through eye movements. This process continues until the intensity of the distress is reduced to a manageable level. Phase 5 (Installation): The goal is to strengthen the positive cognition and replace the negative belief associated with the traumatic memory with a more

adaptive, positive one. Phase 6 (Body Scan): The client performs a head-to-toe body scan to identify any remaining physical tension. Bilateral stimulation is utilized to process and release these somatic sensations, fostering a sense of relief and well-being. Phase 7 (Closure): The client reflects on their current emotional and cognitive state. The therapist ensures the client ends the session in a stable and balanced state. Phase 8 (Re-evaluation): Reviewing treatment goals, conducting a follow-up assessment of the client's progress, and concluding the therapy process.The therapeutic process is structured across eight distinct sessions, each carefully sequenced to build upon the foundational knowledge and skills established in preceding sessions. This hierarchical progression ensures that clients are adequately prepared and resourced at each stage, facilitating a systematic and cumulative approach to achieving therapeutic objectives.

Category

Treatment - Other

3

Description

Control group: will receive no therapeutic intervention during the study period, serving as a baseline for comparison with the experimental group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Armana Psychology Clinic

Full name of responsible person

Dr.Mohsen Saeidmanesh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Web page address

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

University of Science and Art, Yazd, Iran

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

University of Science and Art, Yazd, Iran

Full name of responsible person

Sepideh Semsar Yazdi

Position

PhD Student in Psychology

Latest degree

Ph.D.

Other areas of specialty/work

Others

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
To protect the privacy and confidentiality of the participants, raw individual-level data (IPD) will not be shared publicly. The study adheres to strict ethical guidelines regarding data protection to ensure that no participant can be identified from the shared information.

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available