Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing The Effectiveness of Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy with The Effectiveness of Combined Program of Parent Management Training and Mindful Parenting Training On Parental stress, Parent-Child relationship and Child’s Externalizing Problems

Protocol summary

Study aim

The two therapies based on acceptance and commitment, and mindfulness are part of the third wave of behavioral therapy that has recently entered the field of parenting. In addition, there are similarities between the two approaches, we want to know which approaches in combination with Parent Management Training are clinically more effective.

Design

A clinical trial with a control group. With parallel groups. One-way blind. Randomized. On 45 mothers. The lottery is used for randomization.

Settings and conduct

The study will be done at Nikan school. The school is invited to participate in a parenting education research project and volunteer mothers are asked to register. Mothers' names are written on paper and randomly placed in each of the three groups. All three groups will come to school. Two experimental groups and one control group. The two experimental groups are taught and the control group receives only general information about the child and online teaching. Here, people are not aware that they are an experimental group or control. All groups will be pre-tested and post-tested.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having a child whose age ranges from 4 to 9 years old as well as the presence of externalized behavioral problems in the child. Exclusion criteria: the existence of psychiatric diseases in the mother or child, receiving psychological services at the same time as the research

Intervention groups

One group receives a Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy And another group receives a Combined Program of Parent Management Training and Mindful Parenting Training. The control group is given only general information about the child and online school teaching.

Main outcome variables

Parental stress; Parent-Child relationship; Child’s Externalizing Problems

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211006052688N1**
Registration date: **2021-12-06, 1400/09/15**
Registration timing: **retrospective**

Last update: **2023-02-13, 1401/11/24**
Update count: **1**

Registration date

2021-12-06, 1400/09/15

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date
2021-12-04, 1400/09/13
Expected recruitment end date
2021-12-04, 1400/09/13
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing The Effectiveness of Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy with The Effectiveness of Combined Program of Parent Management Training and Mindful Parenting Training On Parental stress, Parent-Child relationship and Child's Externalizing Problems

Public title
Comparing Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy with Combined Program of Parent Management Training and Mindful Parenting Training On Parents and Child
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Having a child in the age of 4 to 9 years Existence of externalized behavioral problems in the child based on the Eyberg Child Behavior Inventory (ECBI) Living with a spouse The mother tends to attend parenting sessions Having a diploma for the mother at least
Exclusion criteria:
Existence of psychiatric illnesses and use of psychiatric drugs in the mother or child based on the researcher's psychological interview Existence of chronic medical disease in mother or child Absenteeism of mothers in training sessions Being in a state of divorce Expressing unwillingness to participate in further research Receiving psychological services at the same time as research
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple random lottery type Three dishes are placed. An intervention container 1(ACT). An intervention container 2 (Mindfulness). A container of the control group. The names of all participants are placed in the bag and one person is selected with their eyes closed and placed in intervention container 1. The name of the second person is selected again with closed eyes and placed in the 2nd intervention container. The third name is for the control group. This is done until the name of the last participant.
Blinding (investigator's opinion)
Single blinded
Blinding description
All three groups to be trained do not know whether they are experimental or control. In the control group, only mothers gather at school and talk about general topics, but do not receive specialized training.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Semnan University of Medical Sciences
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35147-99442
Approval date
2021-10-25, 1400/08/03
Ethics committee reference number
IR.SEMUMS.REC.1400.191

Health conditions studied

1

Description of health condition studied
Parental stress
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Parent-Child relationship
ICD-10 code
ICD-10 code description

3

Description of health condition studied
Child’s Externalizing Problems
ICD-10 code
ICD-10 code description

4

Description of health condition studied
Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy
ICD-10 code
ICD-10 code description

5

Description of health condition studied
Combined Program of Parent Management Training and Mindful Parenting Training
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Parental Stress in Abidin Parenting Stress Index (PSI)
Timepoint
Beginning and end of the study
Method of measurement
Abidin Parenting Stress Index (PSI)

2

Description
Parent-Child Relationship in Pianta Parent-Child Relationship Scale (PCRS)
Timepoint
Beginning and end of the study
Method of measurement
Pianta Parent-Child Relationship Scale (PCRS)

3

Description
The child's externalized problems in Eyberg Child Behavior Inventory (ECBI)
Timepoint
Beginning and end of the study
Method of measurement
Eyberg Child Behavior Inventory (ECBI)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 1: The 8-session parent management Training program based on Sanders model (2000) will be combined with the 8-session parenting program based on acceptance and commitment based on the book The Joy of Parenting by Coyne & Murrell (2009). In the first to eighth sessions, parenting is taught based on acceptance and commitment, and in the ninth to sixteenth sessions, parent management training is taught. A 2-hour session is taught each week. Description of meetings; The first session of conceptualizing parenting based on acceptance and commitment and explaining the types of families from the perspective of acceptance and commitment method. The second session explains the products of the mind and the result of following the mind. Session 3 Cognitive flexibility using the metaphor of the guest and the small house. The fourth session uses the metaphor of the island and challenges the mother to her own upbringing. The fifth session teaches the precedent, behavior and consequences and how to create a vicious cycle in the relationship. Computer metaphor for teaching communication with the mind. Sixth training session to be kind to yourself to create empathy with the mother. Expressing values and living based on values. Funeral metaphor. The seventh session of teaching short-term, medium-term, and long-term goals about values. The eighth session teaches careful communication with the child. Session 9: Familiarity with children's externalized problems and causes of child abuse, teaching positive interaction and presenting its logic. Session 10 Presenting the logic of physical love and how to communicate verbally and empathically with the child. Session 11 How to praise and pay positive attention and how to instruct children. Session 12 Explain the logical consequence of the behavior and the need to use it. Session 13 Behavior chart training for daily and repetitive behaviors. Session 14 How to deal with behavioral problems and ignore training. Sixteenth session of deprivation education and its principles. The sixteenth session teaches how to deal with the child in situations outside the home. Conclusion
Category
Other

2

Description
Intervention group 2: The 8-session program of parent management training based on Sanders model (2000) will be combined with the 8-session program of mindful parenting based on the model of Bögels & Restifo (2014). In the first to eighth sessions, mindful parenting is taught, and in the ninth to sixteenth sessions, parental management training is taught. A 2-hour session is taught each week. Description of meetings; The first session explains the term logical-non-reactive parenting, mindfulness training and meditation. The second session sees the child with a beginner's mind and training to examine the body. Session 3 Practice Delaying Judgment, Recognizing Signs of Stress During Parenting, Awareness of Body and Mind. Session 4 Explain the

effect of thoughts on increasing stress, responding instead of reacting to the child. Session 5 Explains dysfunctional intergenerational patterns, teaching parental compassion and kindness to oneself. The sixth session of teaching relationship reconstruction, seeing the child's point of view, and making love. Session 7 Setting rules and regulations in a conscious way Session 8 Starting a conscious mind journey in parenting. The program of the ninth to sixteenth sessions is similar to the first intervention group.

Category
Other

3

Description
Control group: General description of the child without parenting education

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
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Full name of responsible person
Hamid Arjaneh

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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
Semnan University of Medical Sciences

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)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
Due to the confidentiality of individuals' identities and information

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
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
General demographic characteristics, Descriptive findings related to groups, Statistical Inferential findings related to hypotheses, Results of the main consequences, the text of conscious consent.

When the data will become available and for how long
After publishing the article. November 2022

To whom data/document is available
All those who are interested in the results of the study.

Under which criteria data/document could be used
For reading and in case of citing the article

From where data/document is obtainable
Responsible author and supervisor

What processes are involved for a request to access data/document
State her/his reasons and undertake not to use this data without citation

Comments