Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of parenting acceptance and commitment therapy on parenting style and parental psychological flexibility and social skills and locus of control of their children.

Protocol summary

Study aim
The effect of parenting acceptance and commitment on parenting styles and parental psychological flexibility and locus of control and social skills of their children

Design
Of all the girls' elementary school of Khorramabad, a ten class school with 243 students is selected. After inviting the parents to cooperate, according to the inclusion and exclusion criteria, 40 students and their mothers are selected.Then these people are randomly assigned in two test groups (20 mothers, 20 children) and control group (20 mothers, 20 children).

Settings and conduct
The mothers of both groups fill out the parenting styles and psychological flexibility questionnaires and their children fill out locus of control and social skills questionnaires before the training sessions of the experimental group. After mothers in the training group will receive eight 1-2 hour weekly training sessions based on the Acceptance and Commitment Parenting Program protocol (Kevin & Marl, 2009). Mothers in the control group do not receive any training during this period. After eight sessions, the mentioned variables are measured in both groups.

Participants/Inclusion and exclusion criteria
inclusion criteria:for parents Being literate in reading and writing and for children Being 8 to 11 years old; not-inclusion criteria: Presence of psychiatric disorder in parent or child, Lack of informed consent to participate in the study

Intervention groups
parenting acceptance and commitment therapy and control. In parenting acceptance and commitment therapy are trained the concepts such as parenting styles, parenting values, emotion management and behavior management, mindfulness in parenting, mindful reinforcement and working on relationships with children. In control group no intervention is done.

Main outcome variables
parenting styles, psychological flexibility, locus of control, social skills

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180909040974N6**
Registration date: **2023-05-20, 1402/02/30**
Registration timing: **retrospective**

Last update: **2023-05-20, 1402/02/30**
Update count: **0**

Registration date
2023-05-20, 1402/02/30

Registrant information

Name
Fatemeh Zargar

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
2023-01-21, 1401/11/01

Expected recruitment end date
2023-02-19, 1401/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of parenting acceptance and commitment therapy on parenting style and parental psychological flexibility and social skills and locus of control of their children.

Public title

The effect of parenting acceptance and commitment therapy on parenting style

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

for parents Being literate in reading and writing for children Being 8 to 11 years old

Exclusion criteria:

Presence of psychiatric disorder in parent or child Lack of informed consent to participate in the study

Age

From **8 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

More than 1 sample in each individual

Number of samples in each individual: **2**

Each sample includes a mother-child pair.

Randomization (investigator's opinion)

Randomized

Randomization description

In the first stage, in order to create a random sequence generation, due to the equality of the two experimental and control groups, the restricted randomization method will be chosen. In this method, using permuted block randomization method, equal blocks of 8 (including 4 participants or mothers in the experimental group and 4 participants or mothers in the control group) will be considered). In the second stage, in order to hide the allocation concealment, the method of using Sequentially, numbered, sealed, opaque envelopes (SNOSE) will be used in a random sequence. Based on the size of the study sample (40 people), 5 envelopes are prepared and each of the created random blocks is recorded on a card and the cards are placed in the envelopes in order. The lid of the letter envelopes is glued and placed inside a bigger box or envelope respectively. At the time of starting the registration of the participants, according to the order of entry of the participants conditions for the study, one of the letter envelopes was opened and the assigned group of that participant is revealed. It should be noted that the implementation of the random assignment process includes- the person who created the random sequence, the person who examined the participants in terms of the criteria for entering and exiting the study and enrolled them in the study, and the person who assigned the participants to groups- is a person except for the authors of the article and the executor of the treatment method in the experimental group.

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

Ethics committee of Isfahan University of Medical Sciences

Street address

Hezar Jarib Ave., Esfahan University of Medical Sciences, Esfahan Twon

City

Esfahan

Province

Isfehan

Postal code

73461-81746

Approval date

2022-11-15, 1401/08/24

Ethics committee reference number

IR.ARI.MUI.REC.1401.323

Health conditions studied

1

Description of health condition studied

parenting style

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

parenting style

Timepoint

Before the start of acceptance and commitment parenting training and 8 weeks after the intervention

Method of measurement

Baumrind parenting styles questionnaire

2

Description
parental psychological flexibility
Timepoint
Before the start of acceptance and commitment parenting training and 8 weeks after the intervention
Method of measurement
parental psychological flexibility questionnaire

3

Description
social skills
Timepoint
Before the start of acceptance and commitment parenting training and 8 weeks after the intervention
Method of measurement
Evaluation of Social Skills with Youngsters

4

Description
locus of control
Timepoint
Before the start of acceptance and commitment parenting training and 8 weeks after the intervention
Method of measurement
locus of control questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Control group: They do not receive any intervention and after the completion of the experimental group meetings, similar meetings will be held for them, and they will participate if they want.
Category
Lifestyle

2

Description
Intervention group: Eight 1 to 2 hours weekly sessions of parenting acceptance and commitment therapy based on protocol of Kevin and Marle, 2009 that it is trained the concepts such as parenting styles, parenting values, emotion management and behavior management, mindfulness in parenting, mindful reinforcement and working on relationships with children.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Organization of Education of Khoram Abad City
Full name of responsible person
Sahar Ahmadi
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Resalat Ave., Khoram Abad Town
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Esfahan University of Medical Sciences
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Grant name
Vice President of Research and Technology of Isfahan University of Medical Sciences
Grant code / Reference number
2401264
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Esfahan 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
Esfahan University of Medical Sciences
Full name of responsible person
Fatemeh Zargar
Position
associate professor
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable