Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of effectiveness of brain gym exercises and filial play therapy on emotional management skills, social competence, Empathy and parent – child related students with specific learning disorder in Tehran City in 2021.

Protocol summary

Study aim
The present study was conducted with the aim of comparing the effectiveness of brain exercise exercises and filial play therapy on emotion management, social competence, empathy and parent-child relationships in students with learning disabilities in Tehran.

Design
The research design was semi-experimental with a pre-test and post-test with a control group and a two-month follow-up phase

Settings and conduct
The statistical population included all students with specific learning disabilities in the elementary school of Tehran who were studying in the academic year 2019-2019, and 45 children with specific learning disabilities whose parents and themselves were willing to cooperate were selected in a targeted way and in two The experimental group and a control group (15 people in each group) were randomly assigned

Participants/Inclusion and exclusion criteria
1- The subject must be in elementary school, 2- Willing to cooperate, 3- The consent form must be completed by the parents, 4- Definitive diagnosis of specific learning disorder for the student through the relevant specialist, and the exit criteria are also included; 1- child's unwillingness to cooperate, two absences in training sessions, 2- having psychological disorders and 3- using drugs to treat psychological disorders.

Intervention groups
Brain exercise exercises and play therapy of Filial

Main outcome variables
empathy, parent-child relationships

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230130057285N1**
Registration date: **2023-05-07, 1402/02/17**
Registration timing: **retrospective**

Last update: **2023-05-07, 1402/02/17**
Update count: **0**

Registration date
2023-05-07, 1402/02/17

Registrant information
Name
Susan Kordbacheh
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 2222 2565
Email address
sosnkrdbchh655@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-10-23, 1400/08/01

Expected recruitment end date
2022-03-06, 1400/12/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

Comparison of effectiveness of brain gym exercises and filial play therapy on emotional management skills, social competence, Empathy and parent – child related students with specific learning disorder in Tehran City in 2021.

Public title

Comparison of effectiveness of brain gym exercises and filial play therapy on emotional management skills, social competence, Empathy and parent – child related students with specific learning disorder in Tehran City in 2021.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

The subject must be in elementary school, 2- willing to cooperate, 3- consent form must be completed by parents, 4- definitive diagnosis of specific learning disorder for the student through the relevant specialist.

Exclusion criteria:

1- child's unwillingness to cooperate, two absences in training sessions, 2- having psychological disorders and 3- using drugs to treat psychological disorders.

Age

From **7 years** old to **9 years** old

Gender

Both

Phase

2-3

Groups that have been masked

- Participant

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

According to the current research community, to determine the research sample, first, among the centers of learning disorders under the supervision of education in Tehran, 5 centers (Center No. 3, Arta) were selected from the 14 centers that had the possibility to cooperate , Reha, Pandar, Gohar Mehr) were selected and among the students who were in the first and second grade of elementary school, 58 students responded to questionnaires of emotion management skills, social competence, empathy and parent-child relationships, and 49 students who had the least The grades were obtained from the questionnaires and they were determined according to the entry criteria, and of course, due to the dropout of the subjects, they were reduced to 45 people. After that, the students were randomly replaced in three groups (15 brain exercises, 15 filial play therapy, and 15 control group).

Blinding (investigator's opinion)

Single blinded

Blinding description

According to the current research community, to determine the research sample, first, among the centers of learning disorders under the supervision of education in Tehran, 5 centers (Center No. 3, Arta) were selected from the 14 centers that had the possibility to cooperate , Reha, Pandar, Gohar Mehr) were selected and among the students who were in the first and second grade of elementary school, 58 students responded to questionnaires of emotion management skills, social competence, empathy and parent-child relationships, and 49 students who had the least The grades were obtained from the questionnaires and they were determined according to the entry criteria, and of course, due to the dropout of the subjects, they were reduced to 45 people. After that, the students were randomly replaced in three groups (15 brain exercises, 15 filial play therapy, and 15 control group).A pre-test was conducted in all three groups, and then brain exercise exercises for the first experimental group (8 sessions of 90 minutes and one session per week) and the second experimental group of filial play therapy (8 sessions of 90 minutes and one session per week) It was done, but no intervention was done for the control group during the implementation of the research. After that, a post-test was taken from three groups. It is necessary to explain that all the students during the implementation of the interventions in the present study used the trainings specific to children with special learning disabilities. In order to determine the permanence of the effect of the training methods, the tests were carried out again after two months in the experimental groups.

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University of Ahvaz

Street address

Northern Khayyam,No. 17, Javad Mobra Alley, Unit 210.

City

tehran

Province

Tehran

Postal code

5246152130

Approval date

2021-02-17, 1399/11/29

Ethics committee reference number

IR.IAU.AHVAZ.REC.1399.103

Health conditions studied

1

Description of health condition studied
Learning disability
ICD-10 code
F81.81
ICD-10 code description
Disorder of written expression

Primary outcomes

1

Description
Emotion management skills, social competence, empathy and parent-child relationships
Timepoint
Comparing the effectiveness of brain exercise exercises and filial play therapy
Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: First session:Introduction of parents, description of filial play therapy and its effects based on previous researches, description of the logic of treatment and trust building, description of the duties of therapists and mothers, description of positive and negative parenting experiences of parents, task of familiarizing and recognizing negative and positive emotions of the child and reflective response in homework, homework to recognize the emotions and behavior related to them in the child and reflective listening to the child.second session :Preparing parents for the first interactive experience, reviewing homework, modeling an empathetic response through play and demonstration to the child combined with the principles of filial play therapy, parents entering the playroom and familiarizing themselves with toys and how to use them and their rules. , giving the list of toys to the parents, choosing the right time and place for play sessions at home.باز کردن در ترجمه» Google»•third session :Explaining to the parents about the toys in the house and the selected meeting place, doing the homework "do not disturb me", encouraging the therapist to role play in two important cases: don't do (not criticizing the child's behavior, not praising the child, not asking questions, not interrupting the game, not giving information and teaching the child, not giving advice and preaching, not doing a new activity, not being passive or calm), do (setting the stage of the game, allowing the child to lead through the game) (following behavior, reflecting the child's feelings, setting limits, validating the child's strength and effort, joining the play as a child follower, being verbally active)
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
School
Full name of responsible person
Susan Kurdbeche
Street address
Northern Khayyam
City
tehran
Province
Tehran
Postal code
1325354525
Phone
+98 912 540 2946
Email
sosnkrdbchh655@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Sahar Safarzadeh
Street address
Farhang St
City
ahvaz
Province
Khouzestan
Postal code
3646598415
Phone
+98 916 304 9476
Email
safarzadeh1152@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Ahvaz Azad University
Proportion provided by this source
100
Public or private sector
Private
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
Ahvaz University of Medical Sciences

Full name of responsible person
sahar safarzadeh

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
No. 17, No. 17, Khayyam North, Javad Mobra Alley, Unit 210.

City
امیدیه

Province
Khouzestan

Postal code
5254682332

Phone
+98 21 5589 5632

Email
safarzadeh1152@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
sahar safarzadeh

Position
Professor, Associate

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Farhang St

City
امیدیه

Province
Khouzestan

Postal code
6646354684

Phone
+98 21 5589 5632

Email
safarzadeh1152@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Marjan Alizadeh

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
No. 17, No. 17, Khayyam North, Javad Mobra Alley, Unit 210

City
ahvaz

Province
Khouzestan

Postal code
8556526445

Phone
+98 912 857 9912

Email
alizadeh1531@yahoo.com

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
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document
The pre-test of emotional management skill questionnaires, social competence, empathy and parent-child relationships are completed by all three groups, and one experimental group is exposed to the independent variable of brain exercise exercises and one experimental group is exposed to the independent variable of filial play therapy. No educational intervention will be applied to the control group. Then, the effectiveness of the interventions on emotion management skills, social competence, empathy, and parent-child relationships of individuals was evaluated by re-implementing the questionnaires. In the follow-up phase, which takes place two months after the completion of the therapeutic intervention, the durability of the training effect in the groups will be determined.

When the data will become available and for how long
From 2023to the next six months

To whom data/document is available
Teachers, parents and researchers and students and institutions that teach children with learning disabilities

Under which criteria data/document could be used

Those who want to conduct research similar to this research and professionals who work with children with learning disabilities.

From where data/document is obtainable

Mrs. Susan Kordbcheh, No. 17, Javad Mobra Alley, Khayyam North, Tehran, Unit 210.susankb047@gmail.com09125402946.

What processes are involved for a request to access data/document

He can have access to the research if he states the name of each of the variables in the research(مذکر ،جستج)

Comments