Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effectiveness of positive parenting intervention program and cognitive therapy based on mindfulness on the quality of parent-child relationships, dysfunctional schema and psychological fatigue in mothers of children with attention deficit/hyperactivity disorder

Protocol summary

Study aim

Comparing the effectiveness of positive parenting intervention program and cognitive therapy based on mindfulness on the quality of parent-child relationships, dysfunctional schema and psychological fatigue in mothers of children with attention deficit/hyperactivity disorder.

Design

The research sample includes 60 mothers of children with attention deficit/hyperactivity disorder who have the criteria to enter the selection intervention and as a simple random sampling, 20 participants per group and the implementation of the interventions.

Settings and conduct

The quality of parent-child relationships is the score given by the person in the Mark Fein, J. Moreland, and Andrew Schoebel (1983) and This research was done in the form of pre-test and post-test by referring to the clinics of Kerman city, after selecting the eligible people, the people were randomly divided into three groups without blinding, and were subjected to intervention for 12 sessions of 75 days.

Participants/Inclusion and exclusion criteria

A low score in the parent-child relationship quality questionnaire High score in dysfunctional schema questionnaire, psychological fatigue questionnaire and children's behavioral disorders questionnaire Absence of psychotic and paranoid disorders in mothers

Intervention groups

Intervention group 1: positive parenting Intervention group 2: cognitive therapy based on mindfulness Control group: People in this group do not receive any intervention

Main outcome variables

The quality of parent-child relationships is the score given by the person in the Mark Fein, J. Moreland, and Andrew Schoebel and Dysfunctional schema is the score that a person gets in the Leahy emotional schema test, and psychological fatigue is the score that a person gets in the Multidimensional Fatigue Measurement Questionnaire test.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230929059553N1**
Registration date: **2024-05-11, 1403/02/22**
Registration timing: **prospective**

Last update: **2024-05-11, 1403/02/22**
Update count: **0**

Registration date

2024-05-11, 1403/02/22

Registrant information

Name

masoome Karimi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-05-21, 1403/03/01

Expected recruitment end date
2024-06-19, 1403/03/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing the effectiveness of positive parenting intervention program and cognitive therapy based on mindfulness on the quality of parent-child relationships, dysfunctional schema and psychological fatigue in mothers of children with attention deficit/hyperactivity disorder

Public title
Comparing the effectiveness of positive parenting intervention program and cognitive therapy based on mindfulness on the quality of parent-child relationships, dysfunctional schema and psychological fatigue in mothers of children with attention deficit/hyperactivity disorder in Kerman city.
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
A low score in the parent-child relationship quality questionnaire High score in dysfunctional schema questionnaire High score in psychological fatigue questionnaire High score in children's behavioral disorders questionnaire (hyperactivity/attention deficit) Absence of psychotic and paranoid disorders in mothers
Exclusion criteria:
The presence of one or more mental disorders or physical diseases in the child Mother's illiteracy Being a single parent of a child
Age
From **20 years** old to **50 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
The research sample includes 60 mothers of children with attention-deficit/hyperactivity disorder in the 6 months of winter 1401 and has the criteria to enter the intervention, selected in the form of purposeful sampling and simple random allocation in such a way that by assigning a number to each participant and help Writing formulas in Excel, we divide the given numbers into three equal groups of 20 people randomly.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committee of Islamic Azad University - Kerman branch
Street address
Islamic Azad University - Imam Ali Boulevard
City
Kerman
Province
Kerman
Postal code
7635168111
Approval date
2023-09-09, 1402/06/18
Ethics committee reference number
IR.IAU.KERMAN.REC.1402.093

Health conditions studied

1

Description of health condition studied
Quality of parent-child relationships
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Invalid schema
ICD-10 code
ICD-10 code description

3

Description of health condition studied
Psychological fatigue
ICD-10 code
ICD-10 code description

4

Description of health condition studied
Attention Deficit/Hyperactivity Disorder
ICD-10 code
F90.0
ICD-10 code description
Attention-deficit hyperactivity disorder, predominantly inattentive type

Primary outcomes

1

Description

The quality of parent-child relationships is the score given by the person in the Mark Fein, J. Moreland, and Andrew Schoebel (1983).

Timepoint

This questionnaire is completed at the beginning of the sampling and at the end of the research after the interventions.

Method of measurement

Parent-Child Relationship Assessment Questionnaire (PCRS) by Mark A. Fine, J. R. Moreland, and Andrew Schoebel (1983) was constructed consisting of 24 items.

2

Description

Dysfunctional schema is the score that a person gets in Leahy's emotional schemas test (Khanzadeh, Idrisi, Mohammadkhani and Saidian, 2013).

Timepoint

This questionnaire is completed at the beginning of the sampling and at the end of the research after the interventions.

Method of measurement

This scale has 75 items that are scored using a 5-point Likert scale that was prepared by Khanzadeh, Idrisi, Mohammadkhani and Saidian (2013).

3

Description

Psychological fatigue is the score that a person obtains in the Multidimensional Fatigue Measurement Questionnaire (MFI) by Smets (1996).

Timepoint

This questionnaire is completed at the beginning of the sampling and at the end of the research after the interventions.

Method of measurement

The multidimensional fatigue measurement questionnaire (MFI) was created by Smets (1996), which consists of 20 items and 5 subscales of general fatigue (4 questions), physical fatigue (4 questions), decreased activity (4 questions), and decreased motivation (4 questions). and mental fatigue (4 questions).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Positive parenting intervention program that is held in 12 sessions of 75 minutes, each session includes its own program and content, which in summary includes welcoming the participants, explaining the rules of the group, introducing the program and the structure of the session. assessment of parenting styles. Familiarity with positive methods, the necessity of positive interaction, expressing the logic of positive interaction with the child, the basic components of pure positive interaction, specific and meaningful time with the child, talking with the child, physical affection and showing emotions. Teaching modeling techniques, using incidental training (providing more examples of technique practice in small groups, discussion and feedback; using the modeling method. Applying techniques, increasing the desired behavior by using the behavior chart; Teaching the "Ask, Say and Do" method of working on outcomes; Types of orders, principles and how to give orders, considering the logical consequences, expressing the logic of the technique, the difference between the logical consequence and punishment, the principles of implementing the logical consequence of inattention, using the silence time method, expressing the logic of the technique, the steps of implementing the technique, using the method of temporary deprivation, expressing the logic of the technique, the difference between the method of temporary deprivation With the silent time method, steps and how to use the summarizing technique. Use of behavioral methods. Post-test and general summary

Category

Lifestyle

2

Description

Intervention group 2: cognitive therapy based on mindfulness, package therapy based on Crane (2009); Reams and Wingrow (2013); Saravi (1995), Neff (2010) will be presented. The first and second session: introduction, explanation about the principles of the group, explanation of automatic guidance, meditation and body inspection, distribution of the meditation CD and related pamphlets. The third and fourth session: performing body inspection meditation. Ten minutes of breathing with mindfulness and mind meditation, practicing eating raisins with mindfulness, discovering pleasant experiences using the form for recording pleasant events, and reviewing the tasks of the session before the fifth session: breathing with mindfulness, keeping thoughts and mind wide by following. Caregivers' exercises and focus on conscious breathing and body parts, three minutes of breathing, discovery of daily unpleasant experiences using the unpleasant events registration form, review of the tasks of the previous session Sixth session: 5 minutes of seeing and hearing with mindfulness, 3 minutes of breathing, performing body inspection exercises, explaining the relationship between mind and body, discovering and defining the problem of chronic fatigue syndrome (explaining the symptoms of fatigue with the help of people and completing it), using the system Solving the problem to eliminate fatigue, helping people in preparing a list of activities that give them a sense of usefulness and pleasure and doing them when thoughts or feelings related to fatigue come to them. Helping people in planning. Regular activities and their gradual increase.

Seventh and eighth session: practice of permission to attend when thoughts related to fatigue come to them. An overview of the problems associated with fatigue and their complications and the problem solving technique, etc., the presentation of the Roman parable (Moulana) and other parables and the discovery of the content appropriate to their goals in the group. Ninth session: Teaching that thoughts do not have a real origin, awareness of the body's breathing - raising people's problems during exercise and discovering its effects on the body and mind, three minutes of breathing, an overview of problem solving techniques in dealing with thoughts and states of fatigue, attention technique training Returning in times of fatigue, helping them to identify perfectionistic thoughts associated with fatigue, members talking about the experiences gained during the sessions of the 10th and 11th sessions: how to take care of ourselves in the best way, awareness of breathing, body parts, sounds , thoughts and emotions, carrying out physical examination exercises, reviewing topics related to fatigue, getting feedback from people, examining ways to increase useful activity, 12th session: body examination meditation, summarizing the use of this program, end of treatment

Category

Lifestyle

3

Description

Control group: Control group: People in this group do not receive any intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shadzai Counseling and Psychology Clinic

Full name of responsible person

Dr. Vida Razavi

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unit 6, floor 6, commercial medical complex tower 1, Republic Boulevard

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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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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Masoome Karimi

Position

Doctoral student

Latest degree

Master

Other areas of specialty/work

Psychology

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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
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
Yes - There is 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

Title and more details about the data/document
The raw data file extracted inside the questionnaires, the analysis fileStatistical data

When the data will become available and for how long
The access period starts 8 months after the results are published

To whom data/document is available
Only for researchers and employees in academic institutions

Under which criteria data/document could be used
In order to use this data during communication, necessary arrangements are made regarding the permitted analysis method. They can only be used for academic research

From where data/document is obtainable
They can make necessary arrangements to receive data by sending emails and communicating. . masoome.karimi.1401@gmail.com

What processes are involved for a request to access data/document
After the request is made by the applicant and confirmation is received from the supervisor, the data file is sent via email

Comments