Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the Effectiveness of Mindfulness Parenting Style and Positive Parenting Program on Parental Burnout, Psychological Well-being, Parent-child Relationship, and Parenting Self-efficacy of Mothers of Intellectually Disable female students in Amol City

Protocol summary

Study aim
Comparing the effectiveness of mindfulness parenting style and positive parenting program on parental burnout, psychological well-being, parent-child relationship, and parenting self-efficacy of mothers of intellectually disable female students in Amol city

Design
This study is a pre-test, post-test, and follow-up clinical trial with a control group, designed to compare the effectiveness of Mindful Parenting and Positive Parenting on the intended outcomes. The study will be conducted as a non-randomized, single-blind trial involving 51 mothers of intellectually disabled daughters.

Settings and conduct
This study will be conducted in the field of psychology and rehabilitation of children with intellectual disabilities at Dadgar and Seddigheh Taherah Special Needs Schools in Amol city. This study is single-blind, and statistical analysis will be conducted blind to group allocation. Due to the educational nature of the intervention, blinding of participants and interventionists is not feasible.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Mothers between 20 and 50 years of age with a student daughter diagnosed with intellectual disabilities, holding at least a high school diploma, and providing informed consent to participate in the study. Exclusion Criteria: Receiving concurrent educational/therapeutic interventions related to the research topic, history of acute mental disorders, unwillingness to continue cooperation at any stage of the research.

Intervention groups
Intervention Group1: Recipients of the Positive Parenting intervention (17 participants). Intervention Group2: Recipients of the Mindful Parenting intervention (17 participants). Control Group: Receives no educational intervention during the research period (17 participants).

Main outcome variables
Parental Burnout; Psychological Well-being; Parent-Child Relationship; Parenting Self-Efficacy.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251121068065N9**
Registration date: **2026-06-26, 1405/04/05**
Registration timing: **prospective**

Last update: **2026-06-26, 1405/04/05**
Update count: **0**

Registration date
2026-06-26, 1405/04/05

Registrant information

Name
kavoushgaran kavoushgaran

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 915 718 4680

Email address
atiye.hesary@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-07-11, 1405/04/20

Expected recruitment end date

2026-08-21, 1405/05/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the Effectiveness of Mindfulness Parenting Style and Positive Parenting Program on Parental Burnout, Psychological Well-being, Parent-child Relationship, and Parenting Self-efficacy of Mothers of Intellectually Disable female students in Amol City

Public title
Comparing the Effectiveness of Mindfulness Parenting Style and Positive Parenting Program on Parental Burnout, Psychological Well-being, Parent-child Relationship, and Parenting Self-efficacy of Mothers of Intellectually Disable female students in Amol City

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Mothers of female students diagnosed with intellectual disability. Having at least a Ḍiploma to be able to read and complete research questionnaires. Age between 20 and 50 years Willingness and informed consent of the mother to participate in training sessions and the research.

Exclusion criteria:
Receiving concurrent psychological, counseling, or educational interventions related to parenting or psychological well-being. History of acute mental disorders. Unwillingness to participate in the research.

Age
From **20 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **51**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description
To minimize bias in result analysis, the collected data will be provided to the statistical analyst with group coding to ensure that the analysis is conducted blind to group allocation. Accordingly, this study is designed as a single-blind trial (analyst blinding). Due to the nature of the educational interventions, blinding of participants and interventionists will not be feasible, as both participants and therapists will be aware of the type of intervention received.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research Ethics Committees of Islamic Azad University - Ahvaz Branch

Street address
Islamic Azad University-Ahvaz Branch, Farhang Shahr, Golestan Highway, Ahvaz.

City
Ahvaz

Province
Khouzestan

Postal code
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Approval date
2024-02-12, 1402/11/23

Ethics committee reference number
IR.IAU.AHVAZ.REC.1403.042

Health conditions studied

1

Description of health condition studied
Parental Burnout in Mothers of Female Students with Intellectual Disabilities.

ICD-10 code
Z73.0

ICD-10 code description
Burn-out

2

Description of health condition studied
Psychological Well-being in Mothers of Female Students with Intellectual Disabilities

ICD-10 code
F70

ICD-10 code description
Mild intellectual disabilities

3

Description of health condition studied
Parent-Child Relationship in Mothers of Female Students with Intellectual Disabilities

ICD-10 code
F70

ICD-10 code description

Mild intellectual disabilities

4

Description of health condition studied
Parenting Self-Efficacy in Mothers of Female Students with Intellectual Disabilities
ICD-10 code
F70
ICD-10 code description
Mild intellectual disabilities

Primary outcomes

1

Description
Parental Burnout
Timepoint
The study variables will be assessed at three time points: pre-test (before the interventions begin), post-test (two months after the pre-test), and follow-up (one and a half months after the post-test).
Method of measurement
sing the Parental Burnout Assessment (PBA) developed by Roskam et al. in 2018.

2

Description
Psychological Well-being
Timepoint
The study variables will be assessed at three time points: pre-test (before the interventions begin), post-test (two months after the pre-test), and follow-up (one and a half months after the post-test).
Method of measurement
Using the Psychological Well-being Scale developed by Ryff in 1989.

3

Description
Parent-Child Relationship
Timepoint
The study variables will be assessed at three time points: pre-test (before the interventions begin), post-test (two months after the pre-test), and follow-up (one and a half months after the post-test).
Method of measurement
Using the Parent-Child Relationship Scale first developed by Pianta in 1994.

4

Description
Parenting Self-Efficacy
Timepoint
The study variables will be assessed at three time points: pre-test (before the interventions begin), post-test (two months after the pre-test), and follow-up (one and a half months after the post-test).
Method of measurement
Using the Parenting Self-Efficacy Questionnaire designed by Doumaux et al. (1996).

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group 1 (Positive Parenting): Participants in this group will receive the Positive Parenting intervention using the Positive Parenting Program (Triple P) design by Saunders, Baker, and Turner (2012). This intervention will be delivered over 8 weekly sessions, with each session lasting 90 minutes. Assessments will be conducted at three stages: pre-test, post-test, and follow-up. The follow-up assessment will take place one and a half months after the completion of the post-test.This group consists of seventeen (N=17) participants.
Category
Behavior

2

Description
Intervention Group 2 (Mindful Parenting): Participants in this group will receive the Mindful Parenting intervention using the Mindful Parenting Training Program design by Bogels and Restifo (2014). This intervention will be delivered over 8 weekly sessions, with each session lasting 90 minutes. Assessments will be conducted at three stages: pre-test, post-test, and follow-up. The follow-up assessment will take place one and a half months after the completion of the post-test.This group consists of seventeen (N=17) participants.
Category
Behavior

3

Description
Control group: Participants in this group will not receive any educational or therapeutic intervention during the research period. They will only be assessed at the pre-test, post-test, and follow-up stages. The follow-up for this group will also occur one and a half months after the post-test.This group consists of seventeen (N=17) participants.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Sediqeh Tahereh (S.A.) Special Needs School

Full name of responsible person
Ms. Fallah
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2

Recruitment center
Name of recruitment center
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Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
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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
Roja Yahyapoor
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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Dr. Afsaneh Frashbandi
Position
Faculty Member
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Person responsible for updating data

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Full name of responsible person

Roja Yahyapoor

Position

Student

Latest degree

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Other areas of specialty/work

Psychology

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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

Undecided - It is not yet known if there will be 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

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