Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of mindful parenting on parent-child conflict, child attachment styles, and parenting self-efficacy among mothers with experience of parental abuse, a case study: the upper secondary school students in Abdanan County

Protocol summary

Study aim
The main objective of the present study is to determine the effectiveness of mindful parenting on parent–child conflict, children’s attachment styles, and parental competence in mothers with experience of child-to-parent abuse in secondary school students in Abdanan County.

Design
A randomized controlled trial with parallel groups and no blinding was conducted. Thirty mothers who had experienced child abuse were randomized using a random number table, and a sample size of 30 participants (15 in each group) were enrolled in the study. Phase: Not applicable.

Settings and conduct
This research is conducted in Abdanan city among mothers who have experienced child abuse from their children. The researcher, by visiting counseling centers and high schools, selects 60 mothers who score above 162 (above the cutoff) on the Ibarg Child and Adolescent Behavior Questionnaire (ECBI). Then, 30 volunteers are randomly assigned to two groups of 15: an intervention group and a control group. Due to the nature of the intervention, blinding will not be performed; the intervention group will receive mindful parenting training, while the control group will receive no intervention.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Scoring above 162 (cutoff) on the Ibarg Child and Adolescent Behavior Questionnaire (ECBI) by the mother, absence of major psychiatric disorders, informed consent.Exclusion Criteria: Withdrawal, absence from more than two sessions, severe current illness or relapse (physical or mental), death or unfortunate accident involving the child or mother, or change of residence.

Intervention groups
The intervention group will receive the mindful parenting intervention, while the control group will receive no intervention.

Main outcome variables
Level of mothers' parenting competence

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200722048168N6**
Registration date: **2026-07-06, 1405/04/15**
Registration timing: **registered_while_recruiting**

Last update: **2026-07-06, 1405/04/15**
Update count: **0**

Registration date
2026-07-06, 1405/04/15

Registrant information

Name
Amir Amiri
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 61 3334 2454
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khazan1381@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date

2026-07-06, 1405/04/15

Expected recruitment end date

2026-07-21, 1405/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of mindful parenting on parent-child conflict, child attachment styles, and parenting self-efficacy among mothers with experience of parental abuse, a case study: the upper secondary school students in Abdanan County

Public title

The effectiveness of mindful parenting on parent-child conflict, child attachment styles, and parenting self-efficacy among mothers with experience of parental abuse

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Obtaining a score of 162 or higher (i.e., above the cutoff point, indicating a moderate to severe level of child-to-parent abuse experienced by the mother) on the Eyberg Child and Adolescent Behavior Inventory (ECBI).

Exclusion criteria:

Mother having a history of one previous marriage

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

First, a list of all eligible participants will be prepared and each person will be assigned a unique numerical code. Then, using a random number table, a random sequence of these codes will be generated. According to this sequence, participants will be randomly allocated to one of the two groups (intervention or control), such that the probability of assignment to each group is equal for every participant. The process of generating random numbers and assigning participants to groups will be carried out by a researcher who is not involved in outcome assessment, in order to ensure true random allocation and to reduce allocation bias.

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

Ethics Committee of Islamic Azad University of Ahvaz Branch

Street address

Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Expressway, Ahvaz, Iran

City

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Province

Khouzestan

Postal code

۶۱۳۴۹-۳۷۳۳۳

Approval date

2026-05-22, 1405/03/01

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.114

Health conditions studied

1

Description of health condition studied

Parental competence

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Parental competence score from the Parenting Sense of Competence questionnaire (PSOC) by Gibaud-Wallston and colleagues.

Timepoint

Before and after the implementation of the mindful parenting intervention

Method of measurement

The 16-item Parenting Sense of Competence Questionnaire (PSOC) by Gibaud-Wallston.

Secondary outcomes

1

Description

Parent–child conflict score

Timepoint

Before and after the implementation of the mindful parenting intervention

Method of measurement

The 33-item Pianta Parent–Child Interaction Questionnaire (1994)

2

Description

Child’s attachment style score

Timepoint

Before and after the implementation of the mindful parenting intervention

Method of measurement

The 15-item Hazan and Shaver Attachment Style Questionnaire

Intervention groups

1

Description

Intervention group: Intervention group: Will receive the mindful parenting intervention based on the protocol of Bögels and Restifo (2014) in 8 weekly sessions of 100 minutes each.

Category

Rehabilitation

2

Description

Control group: no intervention

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University, Ahvaz Branch

Full name of responsible person

Mohammad Amin Soleimani

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Aslan Igadarnezhad

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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

Mohammad Amin Soleimani

Position

Master’s student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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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
Compliance with ethical research standards and ensuring participant data confidentiality.
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
Yes - There is 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
As a Master’s thesis
When the data will become available and for how long
From 2026/09/23 onwards
To whom data/document is available
Other contributors
Under which criteria data/document could be used
To advance scientific knowledge and address existing research gaps
From where data/document is obtainable
Thesis Office, Islamic Azad University, Ahvaz Branch
What processes are involved for a request to access data/document
Referring to the Vice Presidency for Research of Islamic Azad University, Ahvaz Branch to obtain the relevant permit, followed by referring to the Thesis Office
Comments
Overall, this study is a thesis conducted to obtain a Master’s degree, and its results will be published and made available in the form of a thesis.