Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of a Mindfulness-Based Intervention on the Quality of the Parent–Child Relationship in Families of Children with Learning Disabilities

Protocol summary

Study aim
To assess the effect of child-centered mindfulness training on parent–child relationship quality in families of children with specific learning disorder

Design
Parallel randomized pretest–posttest trial; 40 children allocated 1:1 using computer-generated variable blocks (sizes 4 and 6) and opaque sealed envelopes; unblinded; drug phase not applicable

Settings and conduct
At learning-disability schools in Mashhad, Iran; consent and baseline assessment precede allocation; posttest occurs one week after the final session

Participants/Inclusion and exclusion criteria
Children aged 8–12 with confirmed specific learning disorder, parental consent and child assent; exclusions: severe comorbidity, concurrent similar intervention, or irregular attendance

Intervention groups
Intervention: Twelve weekly 60-minute child-centered mindfulness sessions; control: usual school services without mindfulness training

Main outcome variables
Primary outcome: Caregiver-reported total CPRS score, comparing posttest groups adjusted for baseline

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250822066951N2**
Registration date: **2026-10-26, 1405/08/04**
Registration timing: **registered_while_recruiting**

Last update: **2026-10-26, 1405/08/04**
Update count: **0**

Registration date
2026-10-26, 1405/08/04

Registrant information

Name
Zahra Mansourjozan
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 915 156 3578
Email address
zahra_mansuri65@yahoo.com

Recruitment status
recruiting

Funding source

Expected recruitment start date
2026-10-26, 1405/08/04

Expected recruitment end date
2027-01-12, 1405/10/22

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effectiveness of a Mindfulness-Based Intervention on the Quality of the Parent–Child Relationship in Families of Children with Learning Disabilities

Public title
Effectiveness of Mindfulness Training on Parent–Child Relationship Quality in Families of Children with Learning Disabilities

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having a diagnosis of Specific Learning Disorder based on the DSM-5-TR criteria, confirmed by a qualified professional. Being enrolled in schools for students with learning disabilities and being between 8 and 12 years of age. Having sufficient cognitive and language abilities to understand instructions and participate in age-appropriate activities. Having no severe comorbid disorders that would interfere with the implementation of the intervention or the valid assessment of outcomes. Not receiving concurrent formal mindfulness interventions or similar psychological interventions during the study period. The child's willingness to participate in the intervention sessions and cooperate with assessments. The child's ability to attend the intervention sessions regularly and complete the study assessments. Having a parent or legal guardian who has been responsible for the child's daily care for at least six months. The parent's ability to read and write in Persian and complete the study questionnaires. 1. Provision of written informed consent by the parent or legal guardian and willingness to cooperate with the pre-test and post-test assessments.

Exclusion criteria:

Previous participation in a structured mindfulness-based training program within the past 12 months. Concurrent participation in another clinical trial or interventional research study that could potentially affect the outcomes of the present study.

Age

From **8 years** old to **12 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be allocated to the intervention and control groups using simple individual randomization. The random allocation sequence will be generated using computer software. Eligible participants will be randomly assigned to one of the two groups after completing the eligibility assessment. Allocation concealment will be maintained using sequentially numbered, opaque, sealed envelopes. The appropriate envelope will be opened only after eligibility has been confirmed and the initial enrollment procedures have been completed. Stratified and cluster randomization will not be used.

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 the School of Nursing and Midwifery, Mashhad University of Medical Sciences

Street address

2nd Floor, No. 15, Azadi 63, Azadi Street

City

mashhad

Province

Razavi Khorasan

Postal code

9197944688

Approval date

2026-09-15, 1405/06/24

Ethics committee reference number

IR.MUMS.NURSE.REC.1405.064

Health conditions studied

1

Description of health condition studied

Specific Learning Disorder

ICD-10 code

F81

ICD-10 code description

Specific developmental disorders of scholastic skills

Primary outcomes

1

Description

Total parent–child relationship quality score measured using the Child–Parent Relationship Scale, as reported by the parent or primary caregiver

Timepoint

At baseline, before group allocation and intervention initiation, and at post-test, one week after the final mindfulness training session

Method of measurement

The Child–Parent Relationship Scale will be completed by the parent or primary caregiver at baseline and post-test. The total score will be used to compare parent–child relationship quality between the intervention and control groups, adjusting for the baseline score.

Secondary outcomes

1

Description

Child mindfulness score

Timepoint

At baseline, before the intervention, and one week after the final mindfulness training session

Method of measurement

Measured using the Child and Adolescent Mindfulness Measure, completed by the child at baseline and post-test

Intervention groups

1

Description

Intervention group: Children receive child-centered mindfulness training delivered in 12 weekly group sessions, each lasting 60 minutes. The sessions aim to strengthen children's mindfulness skills. The intervention is delivered directly to the children; parents do not receive the training and serve as reporters of relevant study outcomes.

Category

Behavior

2

Description

Control group: Children continue to receive usual educational and support services provided by their schools and do not receive the mindfulness training delivered to the intervention group during the study period.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashhad, District 6, No. 3

Full name of responsible person

Ms. Safarzadeh

Street address

No. 45, Sayad Shirazi 42, Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

917914595

Phone

+98 915 188 3705

Email

z.mansur.j@gmail.com

2

Recruitment center

Name of recruitment center

Mashhad, District 7, Centre No. 1

Full name of responsible person

Mr. Vatan Khah

Street address

Opposite Bozorgmehr Residential Complex, Hejab 75, Hejab Boulevard, Mashhad, Razavi Khorasan, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9189943736

Phone

+98 915 505 0224

Email

z.mansur.j@gmail.com

3

Recruitment center

Name of recruitment center

Mashhad, District 6, Centre No. 1 (Seyum-e Shaban Centre 1)

Full name of responsible person

Ms. Motamedi

Street address

Seyum-e Shaban Centre 1, Next to the Fire Station, Corner of Daneshjoo Street, Vakilabad Boulevard, Mashhad, Razavi Khorasan, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9188968975

Phone

+98 902 188 8277

Email

z.mansur.j@gmail.com

4

Recruitment center

Name of recruitment center

Mashhad, District 3, Centre No. 1

Full name of responsible person

Mr. Rasouli

Street address

Second Dead-End Alley, At the End of the Alley on the Left, Manouchehri 2, Near Hoveyzeh Cinema, Daneshgah Street 19 (Formerly No. 25), Mashhad, Razavi Khorasan, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9137683637

Phone

+98 915 306 5171

Email

z.mansur.j@gmail.com

5

Recruitment center

Name of recruitment center
Mashhad, District 7, Centre No. 2
Full name of responsible person
Mr. Seifi
Street address
Between Shahid Kamali 7 and 9, Hejab 92, Hejab Boulevard, Mashhad, Razavi Khorasan, Iran
City
Mashhad
Province
Razavi Khorasan
Postal code
9189943736
Phone
+98 915 112 6805
Email
z.mansur.j@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
General Directorate of Education of Razavi Khorasan Province
Full name of responsible person
Safdar Soltani
Street address
General Directorate of Education of Razavi Khorasan Province, Imam Khomeini Street, Between Sarab Station and Shohada Square, Mashhad, Razavi Khorasan, Iran
City
Mashhad
Province
Razavi Khorasan
Postal code
9133714165
Phone
+98 51 3225 4060
Fax
+98 51 3222 2100
Email
rabet@razaviedu.ir
Web page address
https://razavi.medu.gov.ir/fa
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
General Directorate of Education of Razavi Khorasan Province
Proportion provided by this source
60
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
Other

Person responsible for general inquiries

Contact
Name of organization / entity
Independent Researcher
Full name of responsible person
Zahra Mansourjozan
Position
Independent Researcher
Latest degree
Ph.D.
Other areas of specialty/work
Motor Behavior (Motor Development, Motor Learning, and Motor Control)
Street address
2nd Bell, No. 15, Azadi 63, Shahid Sadat 6, Faramarz Abbasi 36, Mashhad, Razavi Khorasan, Iran
City
Mashhad
Province
Razavi Khorasan
Postal code
9197944688
Phone
+98 51 3608 2725
Email
zahra_mansuri65@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Independent Researcher
Full name of responsible person
Zahra Mansourjozan
Position
Independent Researcher
Latest degree
Ph.D.
Other areas of specialty/work
Motor Behavior (Motor Development, Learning, and Control)
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9197944688
Phone
+98 51 3608 2725
Email
zahra_mansuri65@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Independent Researcher

Full name of responsible person
Zahra Mansourjozan

Position
Independent Researcher

Latest degree
Ph.D.

Other areas of specialty/work
Motor Behavior (Motor Development, Learning, and Control)

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Razavi Khorasan

Postal code
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Phone
+98 51 3608 2725

Email
zahra_mansuri65@yahoo.com

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
در حال حاضر برنامه‌ای برای اشتراک‌گذاری داده‌های فردی شرکت‌کنندگان وجود ندارد. استفاده و انتشار داده‌ها تابع ملاحظات محرمانگی، رضایت آگاهانه شرکت‌کنندگان و ضوابط اخلاق پژوهش خواهد بود.

Study Protocol
No - There is not 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
There is currently no plan for public sharing of raw data, individual participant data, the study protocol, statistical analysis plan, informed consent form, full study report, analysis code, or data dictionary. Research findings may be published in scientific articles after completion of the study, subject to the contractual requirements and the necessary authorization from the General Directorate of Education of Razavi Khorasan Province.

When the data will become available and for how long
No timeframe for public access to the data or study documents has been established. Publication of research findings in scientific articles may take place after study completion and receipt of the required written authorization from the General Directorate of Education of Razavi Khorasan Province. Public release of raw data and other study documents is not planned.

To whom data/document is available
Public access to raw data and study documents, or independent requests by researchers to obtain them, is not currently planned. Any disclosure of information or documents, if applicable, will be subject to the research contract and the necessary authorization from the General Directorate of Education of Razavi Khorasan Province.

Under which criteria data/document could be used
Use of raw data or research documents by third parties is not permitted without written authorization from the funding organization. Any authorized use must comply with the research contract, participant confidentiality requirements, and research ethics regulations. Publication of findings in scientific articles is also subject to the approval process specified in the contract

From where data/document is obtainable
No public procedure for requesting or obtaining raw data or research documents has been established. Any potential request should first be directed to the principal investigator. Disclosure of any data or documents will be subject to written authorization from the General Directorate of Education of Razavi Khorasan Province and compliance with the research contract

What processes are involved for a request to access data/document
Any request will first be reviewed by the principal investigator. If appropriate, it will then be referred to the funding organization for consideration and written authorization. Data or documents may be provided only after the required approvals have been obtained and confidentiality, research ethics, and contractual requirements have been satisfied. As the process depends on the funding organization's approval, no specific response or delivery timeframe can be guaranteed

Comments
This study is funded by the General Directorate of Education of Razavi Khorasan Province. Any disclosure of research information is subject to the research contract and required authorizations. Publication of findings in scientific articles may take place after study completion in accordance with the applicable conditions; however, public sharing of raw data and research documents is not planned