

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of stress coping skills training on resiliency mothers with exceptional children

Protocol summary

Summary

The present study to aim efficacy of stress coping skills training on resiliency mothers with exceptional children was conducted. in this study, 60 mothers with exceptional children that referred to the Kermanshah welfare center in 2013, were selected to available techniques and divided randomly into two groups(control and intervention) . At baseline and after obtaining informed consent for participation in the study, Connor and Davidson Resiliency Scale questionnaire, were completed by mothers. Then, intervention group participating in stress coping skills training sessions (8 sessions). After completing stress coping skills training sessions, both groups were tested again with the questionnaire in post-test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014052111991N2**

Registration date: **2014-10-24, 1393/08/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-10-24, 1393/08/02

Registrant information

Name

Azam Sharifi

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Kermanshah Azad University

Expected recruitment start date

2013-04-04, 1392/01/15

Expected recruitment end date

2013-08-06, 1392/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of stress coping skills training on resiliency mothers with exceptional children

Public title

Stress coping skills in mothers with exceptional children

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: mothers with exceptional children that referred to the Kermanshah welfare center; Living in Kermanshah; Having read and write Literacy; age between 17 to 50 years; Willingness to participate in the study. Exclusion criteria: Not participating in stress coping skills training sessions

Age

From **17 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

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kermanshah Azad University

Street address

Kermanshah Azad University , Bagheney Boulevard,
Kermanshah

City

Kermanshah

Postal code

Approval date

2013-07-11, 1392/04/20

Ethics committee reference number

10192

Health conditions studied

1

Description of health condition studied

stress

ICD-10 code

Z63.7

ICD-10 code description

Other stressful life events affecting family and household

Primary outcomes

1

Description

level of resiliency mothers with exceptional children

Timepoint

pre and post intervention

Method of measurement

Connor and Davidson Resiliency Scale (CD-RISC)

Secondary outcomes

empty

Intervention groups

1

Description

intervention group: Received stress coping skills training in a period of 8 weeks (1-hour weekly sessions),that was given to the mothers with speech and mental and practical training.

Category

Lifestyle

2

Description

Control group: No action

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Kermanshah Welfare Center

Full name of responsible person

Afshin Almasi

Street address

Kermanshah Welfare Center, Behzisti Boulevard,
Kermanshah

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah Azad University

Full name of responsible person

Arash Babakhanian

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Kermanshah Azad University, Bagheney Boulevard,
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Grant name

Grant code / Reference number

10192

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

Yes

Title of funding source

Kermanshah Azad University

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding*empty***Country of origin****Type of organization providing the funding***empty***Phone**

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Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**

Kermanshah Azad University

Full name of responsible person

Fouzieh Hatami

Position

MA in Counseling and Guidance

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Postal code**Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*