Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of mobile parenting skills education on anxiety of the mothers and symptoms of autistic children

Protocol summary

Summary

The present study is a two groups and two phases clinical trial that aimed to investigate the effect of mobile parenting skills education on anxiety of the mothers and symptoms of autistic children. Main inclusion criteria were the ability to read text messages; having a mobile with Farsi short message service, lack of acute and chronic physical and mental disease during the study period and main exclusion criteria was exposure of the mothers to severe stressor during the study in both groups.Sixty four mothers of the children suffering from autism who had a medical file,recruited by convenient sampling, in Isfahan selected autism centers. Then, the subjects were randomly assigned into two 32 subject groups of study and control. Book of “Parenting skills for the mothers with autistic children” was distributed in study and control groups, and then, study group underwent a structured mobile text messages education. Sixty daily text messages were sent to the subjects in study group for two months. Subjects in both groups answered to Spielberger Anxiety questionnaire for themselves and Garz-2 questionnaire for their children before and one week after completion of the intervention

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080223454N1**
Registration date: **2015-10-15, 1394/07/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-10-15, 1394/07/23

Registrant information

Name

Zahra Haji abolhasani Nargani

Name of organization / entity

Isfahan University of Medical Sciences, Faculty of Nursing and Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 7514

Email address

z_abolhasani@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2015-04-14, 1394/01/25

Expected recruitment end date

2015-06-19, 1394/03/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of mobile parenting skills education on anxiety of the mothers and symptoms of autistic children

Public title

Effect of mobile Autism parenting skills education

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: The ability to read text messages; having motivation to participate and the ability to cooperate in the study; having a mobile with Farsi short message service; lack of acute and chronic physical and

mental disease during the study period and not to participate in similar research simultaneously Exclusion criteria: Failure to cooperate with the investigation in any phase and for any reason and exposure of the mothers to severe stressors during the study in both groups

Age
From **18 years** old to **50 years** old

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **64**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
A sample of 64 subjects were randomly recruited considering sampling framework and then they were randomly allocated by a table of random numbers to the intervention and control groups (N=32 in each group).

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Isfahan University of Medical Sciences

Street address
Isfahan University of Medical Sciences, Hezar jrib Avenue, Isfahan

City
Isfahan

Postal code

Approval date
2015-02-18, 1393/11/29

Ethics committee reference number
393863

Health conditions studied

1

Description of health condition studied
Autism

ICD-10 code
F84.0

ICD-10 code description
Childhood Autism

Primary outcomes

1

Description
anxiety

Timepoint
before the intervention, a week after completion of the intervention

Method of measurement
Spielberger State-Trait Anxiety Inventory (STAI) Questionnaire

2

Description
Added at 2015-11-10: symptoms of autism

Timepoint
Added at 2015-11-10: before the intervention, a week after completion of the intervention

Method of measurement
Added at 2015-11-10: Gilliam Autism Rating Scale Second-edition (GARS-2)Questionnaire

Secondary outcomes

1

Description
-

Timepoint
-

Method of measurement
-

Intervention groups

1

Description
intervention group: Book of “Parenting skills for the mothers with autistic children” was distributed in intervention group, and then, they underwent a structured mobile text messages education. In this regard, sixty daily text messages were sent to the subjects in study group for two months.

Category
Placebo

2

Description
control group: For the control group, only Book of “Parenting skills for the mothers with autistic children” was distributed among them.

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Hazrat Zahra charity for autistic patients in Isfahan

Full name of responsible person
Dr. Mostafa Najafi

Street address
End Alley Martyr Javanmardi, Alley 17, Beside Culture House of FADAK, Eastern Sheikh Mofid Street, Isfahan

City
Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research of Isfahan University of Medical Sciences

Full name of responsible person
Dr Mahdi Nematbakhsh

Street address
Isfahan University of Medical Sciences, Hezar jerib Avenue, Isfahan

City
Isfahan

Grant name
-

Grant code / Reference number
-

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

Title of funding source
Vice chancellor for research of Isfahan University of Medical Sciences

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

Person responsible for general inquiries

Contact

Name of organization / entity
Isfahan University of Medical Sciences, Faculty of Nursing and Midwifery

Full name of responsible person
Tayebeh Mehrabi

Position
Msc of Nursing, Department of Nursing Psychiatry,Member of Faculty of Nursing and Midwifery, Isfahan

Other areas of specialty/work

Street address
Hezar jerib Avenue, Isfahan

City
Isfahan

Postal code
8174673461

Phone
+98 31 3792 7595

Fax

Email
mehrabi@nm.mui.ac.ir

Web page address
www.nm.mui.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Isfahan University of Medical Sciences,Faculty of Nursing and Midwifery

Full name of responsible person
Zahra Haji abolhasani Nargani

Position
Msc Student of Nursing

Other areas of specialty/work

Street address
Hezar jerib Avenue, Isfahan

City
Isfahan

Postal code
8174673461

Phone
+98 31 3743 4965

Fax

Email
z_abolhasani@nm.mui.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Isfahan University of Medical Sciences, Faculty of Nursing and Midwifery

Full name of responsible person
Zahra Haji abolhasani Nargani

Position
Msc Student of Nursing

Other areas of specialty/work

Street address
No. 21, Reshadat Alley, Chehel dastgah, Imam Khomeini Street, Falavarjan, Isfahan

City
Falavarjan

Postal code
8451844471

Phone
+98 31 3743 4965

Fax

Email

z_abolhasani@nm.mui.ac.ir; zhajiszf@gmail.com

Web page address

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