

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jul 2026

### Effect of web-based daily care training on the quality of life of caregivers of children with cerebral palsy

#### Protocol summary

##### Summary

Purpose: Effect of web-based daily care training on the quality of life of caregivers of children with cerebral palsy study design: Single-blind clinical trial study population: Caregivers of children with cerebral palsy Inclusion criteria: caregiver\_ Mother of a child with cerebral palsy who spent most time on child care\_ Children with cerebral palsy aged 4 to 12 years old living in Alborz province that clinical diagnosis of cerebral palsy registered in their clinical records; Moderate and severe cerebral palsy (gross motor function levels 3 to 5); caregiver have facilities and basic knowledge of using Internet (Declared access to the Internet at least one hour a week) exclusion criteria: taking care of two or more children with disability; participated in previous training programs Sample size: 100 Intervention: Web-based daily care training intervention time: a 12-week Outcome of the study: the quality of life of caregivers

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015082223710N1**  
Registration date: **2015-09-18, 1394/06/27**  
Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2015-09-18, 1394/06/27

##### Registrant information

##### Name

Zahra Nobakht

##### Name of organization / entity

University Of Social Welfare And Rehabilitation Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2218 0037

##### Email address

za.nobakht@uswr.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

University of Social Welfare and Rehabilitation Sciences

##### Expected recruitment start date

2015-10-23, 1394/08/01

##### Expected recruitment end date

2016-02-20, 1394/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of web-based daily care training on the quality of life of caregivers of children with cerebral palsy

##### Public title

web-based daily care training of children with cerebral palsy

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: caregiver\_ Mother of a child with cerebral palsy who spent most time on child care\_ Children with cerebral palsy aged 4 to 12 years old living in Alborz province that clinical diagnosis of cerebral palsy registered in their clinical records; Moderate and severe cerebral palsy (gross motor function levels 3 to 5); caregiver have facilities and basic knowledge of using Internet (Declared access to the Internet at least one hour a week) exclusion criteria: taking care of two or

more children with disability; participated in previous training programs

**Age**

No age limit

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: **100**

**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****1****Registry name**

clinicaltrials.gov PRS

**Secondary trial Id**

NCT02545179

**Registration date**

2015-09-09, 1394/06/18

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics Committee of the University of Social Welfare and Rehabilitation Science

**Street address**

Kodakyar Ave, Daneshjo Blvd, Evin, Post code: : 1985713834

**City**

Tehrak

**Postal code****Approval date**

2015-09-02, 1394/06/11

**Ethics committee reference number**

IR.USWR.REC.1394.111

**Health conditions studied****1****Description of health condition studied**

cerebral palsy

**ICD-10 code**

G80

**ICD-10 code description**

Cerebral palsy

**Primary outcomes****1****Description**

caregiver quality of life

**Timepoint**

pre and post

**Method of measurement**

sf36

**Secondary outcomes****1****Description**

pain, depression , participation

**Timepoint**

pre and post

**Method of measurement**

DASS-21, LIFE-H

**Intervention groups****1****Description**

12 week interactive web based caring training

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Rehabilitation Center

**Full name of responsible person**

Zahra Nobakht

**Street address****City**

Albors and Teharn

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

University of Social Welfare and Rehabilitation Sciences

**Full name of responsible person**

Eskurchy Fatemeh

**Street address**

kodakyar Ave, Daneshjo Blvd, Evin, Post code: 1985713834

**City**  
Tehran

**Grant name**

**Grant code / Reference number**

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

**Title of funding source**  
University of Social Welfare and Rehabilitation 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**  
University of Social Welfare and Rehabilitation Sciences

**Full name of responsible person**  
Zahra Nobakht

**Position**  
PhD Student

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

### Contact

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Mehdi Rassafiani

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Assistant Professor

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## Person responsible for updating data

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**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*