

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The effect of parenting training program on the level of depression, anxiety and stress of the mothers with ADHD Children

Protocol summary

Summary

The goal of this clinical trial was to determine the impact of parenting training program on the level of depression, anxiety and stress of the mothers who had children with attention deficit hyperactivity disorder. This study was designed pretest and post-test. Samples had been chosen with convenient sampling from mothers who had children with attention deficit hyperactivity disorder referring to Mofateh clinic (Yasouj/ Iran). Attention deficit hyperactivity disorder in children confirmed by the psychiatrist's diagnosis has been taken into account. Then, depression, anxiety, and stress level of 90 mothers had been investigated with DASS-42 and 64 of them were chosen. Inclusion criteria was willingness to participate in the study, and exclusion criteria were catching cognitive or psychic disorder after beginning of the research. Then a total of 64 mothers participating in the study assigned to two groups of intervention and control. Then, the intervention group received parenting training program for 8 weekly sessions each lasted 120 minutes. Some techniques that will be applied in the sessions are: 1-improve positive behavior in mothers, 2-training new behavior and skills for upbringing. In control group will not be received any intervention (except routine services) until end of research. After 1 month from accomplishment of research both groups will fill out the questionnaire. Finally, the results were analyzed by the SPSS-21 software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016011826080N1**

Registration date: **2016-06-30, 1395/04/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-30, 1395/04/10

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Yasuj University of Medical Sciences

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-04-20, 1395/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of parenting training program on the level of depression, anxiety and stress of the mothers with ADHD Children

Public title

parenting training program on the mothers with attention deficit hyperactivity disorder (ADHD) children.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Acceptable ability to listen and speech, no anxiety and depression in accordance with DSM-IV, tendency to take part in the research, moderate to severe depression(score 14-28), moderate to severe anxiety(score 10-27), moderate to severe stress(score 14-34), filling out the depression, anxiety and stress scale (DASS-42), no taking psychiatric medications since 4 month ago, no history of suicide or drug and alcohol abuse, cycle degree. Exclusion criteria: catching cognitive or psychic disorder after beginning of the research, any handicap which impedes to take part in the research, no taking part in 3 sessions of the research, take part in other psychotherapy sessions at the same time, death or immigration.

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

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

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of, Yasuj University of Medical Science

Street address

Motahary boulevard, Vice chancellor for research, Yasuj University of medical science

City

Yasuj

Postal code

Approval date

2016-01-18, 1394/10/28

Ethics committee reference number

ir.yums.rec.1394.123

Health conditions studied

1

Description of health condition studied

The effect of training of parenting on mothers of children with attention deficit/ hyperactivity disorder

ICD-10 code

F90.0

ICD-10 code description

Disturbance of activity and attention

Primary outcomes

1

Description

depression

Timepoint

At the beginning of the study, and one month after parenting skills training

Method of measurement

questionnaire Depression Anxiety Stress Scales(DASS-42(

2

Description

Anxiety

Timepoint

At the beginning of the study, and one month after parenting skills training

Method of measurement

questionnaire Depression Anxiety Stress Scales(DASS-42(

3

Description

Stress

Timepoint

At the beginning of the study, and one month after parenting skills training

Method of measurement

questionnaire Depression Anxiety Stress Scales(DASS-42(

Secondary outcomes

empty

Intervention groups

1

Description

The experimental group receive parenting skills training for 8 sessions of 120 minutes during 8 weeks. The techniques will be used are as follow: a) Creating positive relationship with the children. b) Improve positive behavior in the mothers. c) Teaching new behaviors and skills to treat children.

Category
Behavior

2

Description

Control group will not receive interventions considered in this study.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Yasuj Clinical University of Medical Sciences Clinic (Shahid Mofateh)
Full name of responsible person
Doctor Mehdi Akbartabar turi
Street address
Motahary boulevard, Vice chancellor for research, Yasuj University of medical science
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Sponsors / Funding sources

1

Sponsor

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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

Vice chancellor for research, Yasuj 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
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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