

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

Effect of mindful parenting training on parental parenting stress, clinical symptoms and self-efficacy in children with attention deficit hyperactivity disorder

Protocol summary

Summary

(1) Objective: This study aims to determine the effectiveness of mindful parenting training on parental parenting stress, clinical symptoms and self efficacy in children with attention deficit hyperactivity disorder. (2) Design: This study is a randomized clinical trial with two groups (experimental and control) in three phases (per-test, post-test and follow up). (3) Setting and conduct: Sixty children with ADHD diagnosis and their mothers who are eligible for inclusion and exclusion are selected. They will assign in two groups randomly (mindful parenting and control). Participants of both group receive pharmacotherapy (risperidone or Ritalin). participants of both group fill out Swanson, Nolan and Pelham parenting rating scale (SNAP-IV); children self-efficacy questionnaire (SEQ-C); parenting stress index- short form (PSI-SF36) as per-test, post-test and two month after intervention as follow- up. The intervention will be done for mothers that have children with ADHA in 8 sessions. The data will be analyzed by spss-21, using the multivariate analysis of covariance (MANCOVA). (4) Inclusion: Children are having with attention deficit hyperactivity disorder (ADHD) according to a psychiatrist; age 7-12 years; receiving regular pharmacotherapy by risperidone or Ritalin; their mothers are having minimum education level of diploma. Exclusion criteria: Mother or child having intellectual disability, psychosis or major mood disorder; receiving pharmacotherapy unregularly. (5) Interventions: The intervention consist of 8 sessions (each session last 90 minutes) of mindful parenting training based on Kabat-Zinn protocol in experimental group. The control group doesn't receive any psychotherapy. (6) Main outcome measures: Main outcome measures variables are clinical symptoms and self-efficacy in children and parenting stress in their mothers.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021026505N1**
Registration date: **2016-02-22, 1394/12/03**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-22, 1394/12/03

Registrant information

Name

Mahdieh Behbahani

Name of organization / entity

Kashan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Kashan University of Medical Sciences and Health Services

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-01-21, 1394/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of mindful parenting training on parental parenting stress, clinical symptoms and self-efficacy in children with attention deficit hyperactivity disorder

Public title

Effect of mindful parenting training on parental parenting stress, clinical symptoms and self-efficacy in children with attention deficit hyperactivity disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Participant including major eligibility inclusion criteria are patients with the diagnosis of attention deficit hyperactivity disorder by a psychiatrist; child aged 7-12 years; children receive pharmacotherapy by Risperidone or Ritalin; their parent have minimum education level of diploma; having willingness to participate in the research. Exclusion criteria: Parent or child with diagnosis of intellectual disability by a psychiatrist; child have bipolar concurrent disorder; psychiatrist change dosage of drug child.

Age

From **7 years** old to **12 years** old

Gender

Both

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)**

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 Kashan University of Medical Sciences and Health Services

Street address

Kashan University of Medical Sciences and Health Services, 5th Qotbe Ravandi Blvd, Kashan

City

Kashan

Postal code**Approval date**

2016-01-21, 1394/11/01

Ethics committee reference number

IR.KAUMS.REC.1394.143

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

Attention deficit hyperactivity disorder

ICD-10 code

F90.0

ICD-10 code description

Disturbance of activity and attention

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

Parental parenting stress

Timepoint

Before intervention, after intervention, two month after intervention

Method of measurement

Parenting stress index- short form (PSI-SF36)

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

Clinical symptoms

Timepoint

Before intervention, after intervention, two month after intervention

Method of measurement

Swanson, Nolan and Pelham parenting rating scale (SNAP-IV) (diagnosis and classification of attention deficit hyperactivity disorder)

2**Description**

Self-efficacy for children

Timepoint

Before intervention, after intervention, two month after intervention

Method of measurement

Children self-efficacy questionnaire (SEQ-C)

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

The intervention consist of 8 sessions (each session last

90 minutes) of mindful parenting training based on Kabat-Zinn protocol in experimental group.

Category

Behavior

2

Description

Pharmacotherapy by Risperidone or Ritalin in control group

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Kargaer-Nejad psychiatric center

Full name of responsible person

Dr Fatemeh Assariyan

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Kashan University of Medical Sciences and Health Services, 5th qotbe Ravandi Blvd, Kashan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Kashan University of Medical Sciences and Health Services

Full name of responsible person

Dr Qolam ali Hamidi

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Kashan University of Medical Sciences and Health Services, 5th Qotbe Ravandi Blvd, Kashan

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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 of Kashan University of Medical Sciences and Health Services

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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Full name of responsible person

Mahdieh Behbahani

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M.Sc Candidate in Clinical Psychology

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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