Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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

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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

Street address

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

City

Kashan

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

Street address

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

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Kashan

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

Kashan University of Medical Sciences and Health Services

Full name of responsible person

Mahdieh Behbahani

Position

M.Sc Candidate in Clinical Psychology

Other areas of specialty/work

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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