# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

09 Nov 2026

## The Effects of Parent Intervention on Behavioural and Psychological Outcomes for Parents and their Children: A Randomised Control Pilot Trial

## Protocol summary

**Summary**
Parenting interventions that improve psychological and behavioural outcomes for parents and children in high income countries have been found to be beneficial. However, such programmes are rarely offered in developing countries. The current study tested the effectiveness of a parenting training programme (Systematic Training for Effective Parenting, STEP) in the Kurdish population of Iraq. The intervention lasted seven consecutive weeks and included 16 mothers (mean age 35 years 3 months; range 29 years 7 months - 45 years and 4 months).

## General information

**Acronym**
**IRCT registration information**
IRCT registration number: **IRCT2016032527125N1**
Registration date: **2016-04-16, 1395/01/28**
Registration timing: **retrospective**

Last update:
Update count: **0**
**Registration date**
2016-04-16, 1395/01/28

**Registrant information**
**Name**
Hoshiar Sangawi
**Name of organization / entity**
Durham University
**Country**
United Kingdom
**Phone**
+441913343240
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**Recruitment status**
**Recruitment complete**
**Funding source**
1-Department of Psychology- Durham University/ UK.2-Ministry of Higher Education- Kurdistan Region of Iraq.

**Expected recruitment start date**
2014-07-09, 1393/04/18
**Expected recruitment end date**
2014-08-27, 1393/06/05
**Actual recruitment start date**
empty
**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
The Effects of Parent Intervention on Behavioural and Psychological Outcomes for Parents and their Children: A Randomised Control Pilot Trial

**Public title**
The Effects of Parent Intervention on Behavioural and Psychological Outcomes for Parents and their Children: A Randomised Control Pilot Trial
**Purpose**
Prevention
**Inclusion/Exclusion criteria**
1) Mothers rather than fathers were asked to participate. 2) Mothers had to be native Kurdish. 3) They also had to be no older than 50 years old. 4) Mothers did not have to have any physical or mental problems.
**Age**
From **28 years** old to **50 years** old
**Gender**
Female

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**

Target sample size: **16**

**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**
First part of this study (i.e. Children's Baseline data in Study 1) was approved by Psycholgy Depart

**Street address**
Science Road

**City**
DURHAM - UK

**Postal code**
DH1 3LE

**Approval date**
2013-11-29, 1392/09/08

**Ethics committee reference number**
13/01

### 2

**Ethics committee**

**Name of ethics committee**
Department of Kindergarten committee

**Street address**
Sulaimani-Kirkuk Main Road

**City**
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P.O.Box: 334 Sulaima

**Approval date**
2014-04-22, 1393/02/02

**Ethics committee reference number**
18295

## Health conditions studied

### 1

**Description of health condition studied**
Parental Stress, parenting rearing and Child behavioural problems, including hyperactivity and emotional problems

**ICD-10 code**
Z60.1, Z60

**ICD-10 code description**
Factors influencing health status and contact with health services

## Primary outcomes

### 1

**Description**
Parental stress, Parenting rearing skill; Child's behavioural problems, Self-concept

**Timepoint**
7 weeks intervention; 3 month follow-up

**Method of measurement**
Scales of Parental stress, Parenting rearing skill; Child's behavioural problems and Self-concept

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Intervention group: 7 workshops, each takes approximately 2 hours.

**Category**
Prevention

### 2

**Description**
Control group: Mothers assigned to the control group did not receive any intervention, but completed the questionnaires at the same time as the experimental groups

**Category**
N/A

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**
Kankawa School

**Full name of responsible person**
Qadir Ali

**Street address**
Sarchnar-Tasluja Street

**City**
Sulaimani

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**
HCDP

**Full name of responsible person**
Ministry of Higher Education
**Street address**
Kirkuk-Erbil Street
**City**
Erbil
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
HCDP
**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

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## Person responsible for scientific inquiries

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j.w.adams@durham.ac.uk
**Web page address**
https://www.dur.ac.uk/psychology/

## Person responsible for updating data

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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*