

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 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

###### Email address

hoshiar.muhammad@durham.ac.uk

#### 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 Psychology 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**

Sulaimani

**Postal code**

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****Contact****Name of organization / entity**

Durham University

**Full name of responsible person**

Hoshiar Sangawi

**Position**

PhD student

**Other areas of specialty/work****Street address**

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hoshiar1980@yahoo.com

**Web page address**<http://hoshiarsangawi.jimdo.com/>**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Durham University

**Full name of responsible person**

Dr. John Adams

**Position**

Lecturer/ PhD

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**Web page address**<https://www.dur.ac.uk/psychology/>**Person responsible for updating data****Contact****Name of organization / entity**

Durham University

**Full name of responsible person**

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**Position**

PhD Student

**Other areas of specialty/work****Street address**

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**Web page address**<http://hoshiarsangawi.jimdo.com/>**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*