

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

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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 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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Dr. John Adams

Position

Lecturer/ PhD

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Full name of responsible person

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PhD Student

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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*