

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

The effect of child-parent relationship therapy (CPRT) on Reduction of children's severity of signs and symptoms with separation anxiety disorder

Protocol summary

Summary

Objectives: The effect of child-parent relationship therapy (CPRT) on Reduction of children's severity of signs and symptoms with separation anxiety disorder by reducing maternal stress and enhance efficacy and improve the relationship between mother and children. A) Study design: Intervention, non- randomized allocated to intervention and control groups, not blind, non-placebo. The method of this study include: a population study including mothers of children 4-7 years old preschool and first-grade school in Zanjan city. The participants were 24 mothers of children who had had a diagnosis of separation anxiety disorder. Terms of Inclusion: age 6 to 7 years for having children, having a minimum grade education for mothers and children on the basis of a questionnaire score of 8 or higher for CSI-4. Exclusion major conditions: severe mental illness mother, a mental illness in children at the same time, under the guidance of education for mothers. B) Intervention or interventions studied in this research for the intervention of the training group therapy (play therapy) 10 sessions of two-hour meeting was established based on Parent-child relationships C) Intervention lasted two months. D) The primary outcome or consequences of the study: The effect of child-parent relationship therapy (CPRT) on Reduction of children's severity of signs and symptoms with separation anxiety disorder.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017050127545N2**

Registration date: **2017-06-02, 1396/03/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-02, 1396/03/12

Registrant information

Name

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Name of organization / entity

Zanjan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

institution- Vice chancellor for research, Zanjan University of Medical Sciences

Expected recruitment start date

2015-10-02, 1394/07/10

Expected recruitment end date

2015-12-31, 1394/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of child-parent relationship therapy (CPRT) on Reduction of children's severity of signs and symptoms with separation anxiety disorder

Public title

The effect of child-parent relationship therapy (CPRT) on
Reduction of separation anxiety disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion major conditions: age 6 to 7 years for having children, having a minimum grade education for mothers and children on the basis of a questionnaire score of 8 or higher for CSI-4. Exclusion major conditions: severe mental illness mother, a mental illness in children at the same time, under the guidance of education for mothers.

Age

From **6 years** old to **7 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Not 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

Zanjan University of Medical Sciences Ethics
Committee

Street address

Zanjan University Of Medical Science, Azadi Blvd

City

Zanjan

Postal code

4515613191

Approval date

2015-07-02, 1394/04/11

Ethics committee reference number

ZUMS.REC.1394.267

Health conditions studied

1

Description of health condition studied

Separation anxiety disorder of childhood

ICD-10 code

F93.0

ICD-10 code description

Separation anxiety disorder of childhood

Primary outcomes

1

Description

Separation Anxiety

Timepoint

Pretest and Post test

Method of measurement

CSI-4 Questionnaire

Secondary outcomes

1

Description

Parental Stress

Timepoint

PSI Questionnaire

Method of measurement

Pretest and Post test

2

Description

Efficacy

Timepoint

General Self Efficacy Questionnaire

Method of measurement

Pretest and Post test

3

Description

Parent-Child Relationship

Timepoint

Inventory MCMR

Method of measurement

Pretest and Post test

Intervention groups

1

Description

Group Therapy Education (play therapy) Parent-child relationships are based on 10 two-hour sessions on experimental group

Category

Other

2

Description

No action was not subjected to the control group and intervention

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Basij School

Full name of responsible person

Maryam Molla Rostami

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2**Recruitment center****Name of recruitment center**

Baharestan School

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Asghar Adami

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3**Recruitment center****Name of recruitment center**

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4**Recruitment center****Name of recruitment center**

Preschool Almas Mihan

Full name of responsible person

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**Vice chancellor for research, Zanjan University of
Medical Sciences**Full name of responsible person**

Soghrat Faghihzade

Street addressZanjan University of Medical Sciences, Azadi Blvd,
Zanjan.**City**

Zanjan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding sourceVice chancellor for research, Zanjan University of Medical
Sciences**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**

Zanjan University of Medical Sciences

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Saeede Zenoozian

Position

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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