# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

09 Nov 2026

## A comparison study on the effect of resilience education using teach-back and short message service on stress of mothers of educable mentally retarded children

## Protocol summary


**Summary**

This study aims to determine and compare the impact of resilience education on the stress of mothers of educable mentally retarded children using teach-back method and SMS. The participants include 105 mothers with educable mentally retarded children who are divided into three groups, namely teach-back (group 1), SMS (group 2), and control (group 3). The samples meeting the inclusion criteria are selected using non-probability convenience sampling. The samples are then divided into three groups using block randomization. The inclusion criteria are as follows: full consciousness, no children with multiple disabilities, having a cellphone, consent to participate in the study, and signing the informed consent form. The exclusion criteria are as follows: blindness, deafness, dumbness, severe stuttering that leads to disconnection. The study population includes all mothers whose educable mentally retarded children study at a special school in Yasuj. The sample size consists of 105 mothers with educable mentally retarded children who are divided into three 35-member groups. Group 1 intervention: providing training for patients by the researcher using plain and understandable language and patients' recounting the trained items after the intervention. Group 2 intervention: training how to send text messages through cellphone, and group 3 is the control group. Data are collected using the Connor-Davidson Resilience Scale (CD-RISC) and Abidin's parental stress scale. The intervention will last for 3 months, and the outcomes of the study are the participants' level of resilience and stress score.


## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2016083129621N1**

Registration date: **2016-11-01, 1395/08/11**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

**Registration date**

2016-11-01, 1395/08/11


**Registrant information**

**Name**

Nafiseh Esmaeilpour

**Name of organization / entity**

Yasuj University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

+98 74 3333 7251

**Email address**

nafiseh.esmaeilpour@yums.ac.ir


**Recruitment status**

**Recruitment complete**


**Funding source**

Vice chancellor for research, Yasuj University of Medical Sciences


**Expected recruitment start date**

2016-10-22, 1395/08/01

**Expected recruitment end date**

2017-01-20, 1395/11/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

A comparison study on the effect of resilience education

using teach-back and short message service on stress of mothers of educable mentally retarded children

**Public title**
The effect of resilience education on stress of mothers
**Purpose**
Supportive
**Inclusion/Exclusion criteria**
The inclusion criteria are as follows: full consciousness, no children with multiple disabilities, having a cellphone, consent to participate in the study, and signing the informed consent form. The exclusion criteria are as follows: blindness, deafness, dumbness, severe stuttering that leads to disconnection.
**Age**
From **17 years** old to **50 years** old
**Gender**
Female

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **105**
**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 Yasuj University of Medical Sciences
**Street address**
Research Management of Yasuj University of Medical Sciences, Research and Technology Deputy of Yasuj University of Medical Sciences, Shahid Motahary Blvd.,
**City**
Yasuj
**Postal code**
7591994799
**Approval date**
2016-07-23, 1395/05/02
**Ethics committee reference number**
IR.YUMS.REC.1395.84

## Health conditions studied

### 1

**Description of health condition studied**
Stress
**ICD-10 code**
Z63.7
**ICD-10 code description**
Other stressful life events affecting family and household

## Primary outcomes

### 1

**Description**
Stress of mothers
**Timepoint**
Before and one month after the intervention
**Method of measurement**
Parental stress questionnaire

## Secondary outcomes

### 1

**Description**
Resiliency mothers
**Timepoint**
Before and one month after the intervention
**Method of measurement**
Connor Davidson resilience scale

## Intervention groups

### 1

**Description**
Intervention 1:resilience education using teach-back method at least for eight 45-minute sessions.
**Category**
Other

### 2

**Description**
Intervention 2: in resilience education using SMS, 180 SMS will be sent for seven weeks.
**Category**
Other

### 3

**Description**
Control group: no intervention will be applied to this group.
**Category**
Other

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Exceptional Schools of Yasouj

**Full name of responsible person**
Masoud Moghimi

**Street address**
Nursing and Midwifery College, Shahid Dr. Jalil St., Yasuj

**City**
Yasuj

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
Vice chancellor for research,Yasuj University of Medical Sciences

**Full name of responsible person**
Doctor Mehdi Akbartabar turi

**Street address**
Research Management of Yasuj University of Medical Sciences, Research and Technology Deputy of Yasuj University of Medical Sciences, Shahid Motahary Blvd.

**City**
Yusuj

**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,Yasuj 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**
Yasuj University of Medical Sciences

**Full name of responsible person**
Masoud Moghimi

**Position**
Master of Science in Community Health Nursing Training-coach

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

**Contact**

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**Position**
MS student of Community Health Nursing

**Other areas of specialty/work**

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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*