

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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

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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

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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

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Sciences, Research and Technology Deputy of Yasuj
University of Medical Sciences, Shahid Motahary Blvd.

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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

Person responsible for scientific inquiries

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Position

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Other areas of specialty/work

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Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>