

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

The Effect of Communication Skills Education Program on Quality of Parent-Daughter Relationship and Coping with Menstrual Complaints Among Adolescent Girls

Protocol summary

Study aim

Determining the effect of communication skills training program on the quality of father-girl relationship and coping with menstrual complaints in adolescent girls

Design

In this study, 60 people (30 fathers and 30 girls with premenstrual syndrome and dysmenorrhea) are enrolled in the study. These people are selected from among two high schools, one high school is allocated to the intervention group and another high school to the control group.

Settings and conduct

At first, the participants in the demographic and menstrual profile and the premenstrual syndrome screening tool (PSST) were filled out by the participating girls and they were randomly divided into two intervention and control groups. Next, in the intervention group, qualified fathers will receive education. During the workshop, Effective communication skills of father-daughter will be taught. In this study, the Parent-Child Relationship Questionnaire (PCRS), Pre-menstrual Coping Measure and Menstrual Coping Questionnaire completed before, immediately, four weeks and eight weeks after the intervention by the girls.

Participants/Inclusion and exclusion criteria

Students of a single teenage girl between the ages of 15 and 18 years old and their fathers; Diagnosis of premenstrual syndrome or dysmenorrhea in three cycles of menstruation; Fathers and daughters have not lived apart, nor have they been step father and daughter.

Intervention groups

Intervention group: Before the intervention, the intervention group will be given brochures containing information about the knowledge of psychological coping with premenstrual syndrome and dysmenorrhea. In the intervention group, after completing the questionnaires, communication skills education to their fathers will be

provided in during a one-day workshop. Effective communication skills are taught through participatory learning techniques, discussions, lectures, questions and answers, group activities and role-play. Education will be carried out by a person who is skillful in communication. Workshop content involves teaching concepts such as communication, communication skills, communication process, the importance of communication, verbal communication and non-verbal communication, components of communication, effective communication, concepts and goals of active listening, effective listening techniques, effective communication barriers, effective communication strategies and methods for more effective verbal communication, communication during conflict, negative relationships between parents and adolescents and how to avoid negative relationships, with emphasis on the relationship between father and daughter will be taught. The research team members will be available to answer their questions and resolve any ambiguity. Control group: before the intervention, the control group will be given brochures containing information about the knowledge of psychological coping with premenstrual syndrome and dysmenorrhea. In the control group, their girls and their fathers receive no training.

Main outcome variables

The results of this research will be useful in developing adolescent fertility prevention and health education about menstruation complaints of adolescent girls by improving their life skills and applying them to research on reproductive health in adolescents.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170114031930N1**

Registration date: **2017-11-28, 1396/09/07**

Registration timing: **registered_while_recruiting**

Last update: **2017-11-28, 1396/09/07**

Update count: **0**

Registration date

2017-11-28, 1396/09/07

Registrant information

Name

Sahar Rekab

Name of organization / entity

Iran University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor for Research and Technology, Iran University of Medical Sciences

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2019-02-19, 1397/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Communication Skills Education Program on Quality of Parent-Daughter Relationship and Coping with Menstrual Complaints Among Adolescent Girls

Public title

The Effect of Communication Skills Education Program on Quality of Parent-Daughter Relationship and Coping with Menstrual Complaints Among Adolescent Girls

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Single female students (15-18 years old) and their fathers
Diagnosis of premenstrual syndrome or dysmenorrhea in three cycles of menstruation
Having a regular menstrual cycle (the duration of bleeding in the menstrual cycle is 7-10 days with a 28-33 days interval between two menstrual cycles)
Fathers and daughters have not lived apart, nor have they been step father and daughter
Father and mother live together
Fathers and daughters have not used psychiatric medications for the last 6 months
Having no mother with depression
Not taking oral contraceptive pills for the last 6 months
No specific physical and mental illnesses in fathers and daughters
No severe life crises such as death and divorce in the last three months

Exclusion criteria:

Immigration and lack of access to the samples
The occurrence of any chronic or severe mental or physical illness
The occurrence of any crisis in the individual life (occurrence of death in the first degree relatives, parents' divorce or severe family disputes)

Age

From **15 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The randomization method in this study is a binary random block.

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 Iran University of Medical Sciences"

Street address

Campus of Iran University of Medical Sciences, next to Milad Tower, Hemmat Highway, Tehran, Iran

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1449614535

Approval date

2016-08-03, 1395/05/13

Ethics committee reference number

IR.IUMS.REC1395.9311373016

Health conditions studied

1

Description of health condition studied

Premenstrual syndrome
ICD-10 code
N94.3
ICD-10 code description
Premenstrual tension syndrome

2

Description of health condition studied

Dysmenorrhea
ICD-10 code
N94.4
ICD-10 code description
Primary dysmenorrhoea

Primary outcomes

1

Description

Parent-child relationship quality

Timepoint

Before, immediately, four weeks, eight weeks after the intervention

Method of measurement

Parent-Child Relationship Scale Questionnaire (PCRS)

2

Description

Premenstrual syndrome

Timepoint

Before, immediately, four weeks, eight weeks after the intervention

Method of measurement

PSST Questionnaire and Pre-menstrual Coping measure (PMCM)

3

Description

Special communication skills training

Timepoint

Before, immediately, four weeks, eight weeks after the intervention

Method of measurement

Training to a one-day workshop is held in the form of a speech, role play, film, etc.

4

Description

Duration of bleeding

Timepoint

Before intervention

Method of measurement

Demographic questionnaire

5

Description

The amount of menstrual bleeding

Timepoint

Before intervention

Method of measurement

Demographic questionnaire

6

Description

Menstrual cycle duration

Timepoint

Before intervention

Method of measurement

Demographic questionnaire

7

Description

Regular bleeding courses

Timepoint

Before intervention

Method of measurement

Demographic questionnaire

8

Description

Pain during menstruation

Timepoint

Before intervention

Method of measurement

Demographic questionnaire

Secondary outcomes

1

Description

Parent-child relationship quality

Timepoint

Before, immediately, four weeks, eight weeks after the intervention

Method of measurement

Parent-Child Relationship Scale Questionnaire (PCRS)

2

Description

Premenstrual syndrome

Timepoint

Before, immediately, four weeks, eight weeks after the intervention

Method of measurement

PSST Questionnaire and Pre-menstrual Coping measure (PMCM)

3

Description

Dysmenorrhea

Timepoint

Before, immediately, four weeks, eight weeks after the intervention

Method of measurement

Demographic questionnaire

Intervention groups

1

Description

Control group: before the intervention, the control group will be given brochures containing information about the knowledge of psychological coping with premenstrual syndrome and dysmenorrhea. In the control group, their girls and their fathers receive n

Category

Lifestyle

2

Description

Intervention group: Before the intervention, the intervention group will be given brochures containing information about the knowledge of psychological coping with Menstrual complaints. After completing the questionnaires, communication skills education

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Education Center of District 3 of Tehran

Full name of responsible person

Fatemeh sadiq

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Sponsors / Funding sources

1

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Full name of responsible person

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Iran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

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Full name of responsible person

Sahar Rekab

Position

MSc Student

Latest degree

Bachelor

Other areas of specialty/work

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Associate professor

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Person responsible for updating data**Contact****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

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Position

MSc Student

Latest degree

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Other areas of specialty/work

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