

# 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

**Country**

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

**City**

Tehran

**Province**

Tehran

**Postal code**

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

##### Street address

Education Management in District 3 of Tehran, Valiasr Ave., Vanak Square, Tehran, Iran

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Tehran

##### Province

Tehran

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1996714953

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tehran@tedu.ir

##### Web page address

<http://tehran.edu.ir>

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Iran University of Medical Sciences

##### Full name of responsible person

Dr. Seyed Kazem Malekoti

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##### Phone

+98 21 8670 2503

##### Email

research@iums.ac.ir

##### 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

Iran University of Medical Sciences

##### Full name of responsible person

Sahar Rekab

##### Position

MSc Student

##### Latest degree

Bachelor

##### Other areas of specialty/work

Midwifery

##### Street address

Iran Nursing and Midwifery Faculty, Rashid Yasemi St., Vali-e-Asr Ave., Vanak Square, Tehran, Iran

##### City

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## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Dr. Nahid Akbari

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

PHD in reproductive health

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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**

Sahar Rekab

**Position**

MSc Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery