Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Nov 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)

Phone
+98 61 4244 2140

Email address
saharsepideh70@gmail.com

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

City
Tehran

Province
Tehran

Postal code
1996714953

Phone
+98 21 8482 1118

Email
tehran@tedu.ir

Web page address
http://tehranedu.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences

Full name of responsible person
Dr. Seyed Kazem Malekoti

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

City
Tehran

Province
Tehran

Postal code
۱۴۴۹۶۱۴۵۳۵

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
Tehran

Province
Tehran

Postal code
1996713883

Phone
+98 21 4365 1000

Fax

Email
saharsepideh70@gmail.com

Web page address
http://fnm.iums.ac.ir/

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
Street address
Iran Nursing and Midwifery Faculty, Rashid Yasemi St., Vali-e-Asr Ave., Vanak Square, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
1996713883
Phone
+98 21 4365 1000
Fax
Email
akbari1420@gmail.com
Web page address

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
Street address
Iran Nursing and Midwifery Faculty, Rashid Yasemi St., Vali-e-Asr Ave., Vanak Square, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
1996713883
Phone
+98 21 4365 1000
Fax
Email
saharsepideh70@gmail.com
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