

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The Efficacy of Tuning in to Kids Targeting parents' Emotion style, emotion competence and externalizing behaviors of Preschoolers with behavior problems

Protocol summary

Summary

Tuning into Kids (TIK) program aims to improve mothers' emotion style by focusing on mothers' emotional beliefs and behaviors. This study aims to evaluate efficacy of TIK on mothers and children aged 4.0–6.0 years with behavior problems. This is a semi-experimental pretest-post study with a control group. Three to six- year- old children who attended in preschools in Tehran (2016) were screened by CBCL for behavior problems. Children with autism spectrum disorders and mental retardation were exclude. Fifty mothers who met the criteria and were interested in participating in the study were randomized into intervention (TIK) or waiting list control. Mothers in intervention group receive 8 session TIK weekly. in the intervention sessions, developmental information about preschoolers, problem solving and empathy skills along with emotion regulation in response to children's emotion and mothers' emotion via homework, role play, books and DVD displays are taught. session are conducted in 4 preschools located in townships of Haft Hoz, Marzadaran, Gish and Shahrara, in Tehran. Mothers report maternal Emotion style, mental health, self-efficacy, difficulties in emotion regulation, disruptive behavior problems and children emotion regulation in pre-intervention, post-intervention, 3-month follow-up. Data will analyze using ANCOVA.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017061034444N1**

Registration date: **2017-06-25, 1396/04/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-25, 1396/04/04

Registrant information

Name

Fateme Aghaie

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

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Phone

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Email address

fa.aghaie@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2016-07-03, 1395/04/13

Expected recruitment end date

2016-12-29, 1395/10/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Efficacy of Tuning in to Kids Targeting parents' Emotion style, emotion competence and externalizing behaviors of Preschoolers with behavior problems

Public title

Effects of tuning into kids program on mothers and Preschoolers with behavior problems

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: receiving diagnosis of disruptive behavior by screening questionnaire CBCL and T score ≥ 65 ; child age is 3 to 6 years old. Exclusion criteria: diagnosis of Autism spectrum disorders or mental retardation.

Age

From **3 years** old to **6 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

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**

University of Social Welfare and Rehabilitation Sciences

Street address

kodakyar Ave., daneshjo Blvd.,Evin,Post code: : 1985713834

City

Tehran

Postal code**Approval date**

2015-09-02, 1394/06/11

Ethics committee reference number

IR.USWR.REC.13940221

Health conditions studied**1****Description of health condition studied**

Disruptive behavioral disorders

ICD-10 code

F98.9

ICD-10 code description

Unspecified behavioural and emotional disorders with onset usually occurring in childhood and adolescence

Primary outcomes**1****Description**

disruptive behavior problems

Timepoint

pre-intervention, post- intervention, 3 month follow-up

Method of measurement

Eybeg's child behavior inventory (ECBI)

2**Description**

children emotion regulation

Timepoint

pre-intervention, post- intervention, 3 month follow-up

Method of measurement

emotion regulation checklist ERC

Secondary outcomes**1****Description**

maternal emotion style

Timepoint

pre-intervention,post-intervention, 3-month follow-up

Method of measurement

Parent Emotional Style Questionnaire (PESQ)

2**Description**

difficulties in emotion regulation

Timepoint

pre-intervention,post-intervention, 3-month follow-up

Method of measurement

Difficulties in Emotion Egluation Scale (DERS)

3**Description**

matrnl self- efficacy

Timepoint

pre-intervention,post-intervention, 3-month follow-up

Method of measurement

Parenting Self-Agency Measure (PSAM)

4**Description**

mental health

Timepoint

pre-intervention,post-intervention, 3-month follow-up

Method of measurement

General Health Questionnaire (GHQ-28)

Intervention groups

1

Description

Intervention group: tuning in to kids program (In 8 sessions, developmental information about preschoolers, problem solving and empathy skills along with emotion regulation in response to children's emotion and mothers' emotion via homework, role plays, books and DVD displays are taught. session are conducted in 4 preschools located in townships of Haft Hoz, Marzadaran, Gish and Shahrara, in Tehran.)

Category

Treatment - Other

2

Description

Control: waiting list for 8- session tuning in to kids program after data collection ended.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Preschool located in Marzadaran

Full name of responsible person

Miss Panahi

Street address

Marzadaran, After Azmayesh bridge, Jalale Ale Ahmad highway

City

Tehran

2

Recruitment center

Name of recruitment center

Preschool of Haft Hoz

Full name of responsible person

Miss Fallah

Street address

Haft Hoz, West Janbazan St, Nabovat Square

City

Tehran

3

Recruitment center

Name of recruitment center

Preschool located in Gisha

Full name of responsible person

Miss Salavati

Street address

20th Avenue, Gisha Street

City

Tehran

4

Recruitment center

Name of recruitment center

Preschool of Shahrak Shahrara

Full name of responsible person

Miss Sohrabi

Street address

Next to Shahrara park, Shahrara

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Dr. Hamidreza Khankeh

Street address

Research deputy, Next to central library, University of Social Welfare and Rehabilitation Sciences, kodakyar Ave., daneshjo Blvd.,Evin

City

Tehran

Grant name

ندارد

Grant code / Reference number

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

Yes

Title of funding source

University of Social Welfare and Rehabilitation 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

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

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Position

PhD student

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