

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 May 2026

Investigating the effect of supportive-training intervention on the burnout of the mothers with a disabled child studying in School

Protocol summary

Study aim

Determining the effect of educational support intervention on the burnout of mothers with disabled children studying at School in Rafsanjan

Design

This research is a randomized controlled trial and the sampling method will be easy and available. Allocations of the samples to the intervention and control groups were done randomly. After one month from the end of the intervention, the burnout score is evaluated in two groups according to Shirom and Melamed burnout questionnaire. After the end of the intervention period, the data are analyzed.

Settings and conduct

The purpose of this study was to investigate the effect of educational support on burnout of mothers with disabled children who were studying at Shamsaee boys' exceptional school (primary and secondary school) in Rafsanjan city.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a burnout score higher than 2.75; Signature of written consent form; At the same time, they are not under another counseling program; Exclusion criteria: Having a crisis experience in the last six months, such as divorce and death of one of the relatives

Intervention groups

intervention group: Conducting 6-session 45-minute sessions over 6 weeks and training on various issues, including the skills of building a proper relationship with the disabled child, the role of suffering in life, adjustment mechanisms and in the control group, no intervention is performed.

Main outcome variables

burnout of the mothers with a disabled child

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180206038642N1**
Registration date: **2018-05-12, 1397/02/22**
Registration timing: **registered_while_recruiting**

Last update: **2018-05-12, 1397/02/22**

Update count: **0**

Registration date

2018-05-12, 1397/02/22

Registrant information

Name

Fatemeh Abdoli

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 5900

Email address

abdoli_f@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-04, 1397/01/15

Expected recruitment end date

2018-09-06, 1397/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of supportive-training intervention on the burnout of the mothers with a disabled child studying in School

Public title

the effect of supportive-training intervention on the burnout of the mothers with a disabled child

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Burnout score higher than 2.75.. Moms sign a written consent form for participation in the study. At the same time, do not undertake any other counseling program

Exclusion criteria:

Having a crisis experience such as divorce, death of a close friend and

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: 70

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling method is easy and accessible. Persons who have a score of above 2.75 in accordance with the Shiroom and Melamed burnout questionnaire are assigned to the intervention and control groups using a randomized classification method using the minimization method according to the following table. In this method, first classes are formed based on the important variables considered by the researcher, in this study, the scores of maternal burnout and occupation, then the first specimen was randomly (based on lion and line) and entered into one of the groups Is located. Then, for the second sample, the aggregates of the indicators are considered in the two groups and the sample belongs to a group that results in a smaller sum

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 Rafsanjan University of Medical

Sciences

Street address

School of Nursing and Midwifery, Parastar Street

City

Rafsanjan

Province

Kerman

Postal code

7718796755

Approval date

2018-01-03, 1396/10/13

Ethics committee reference number

IR.RUMS.REC.1396.163

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

burnout of the mothers with a disabled child

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Exhaustion syndrome

Timepoint

Before the intervention and after one month from the end of the intervention

Method of measurement

Shirom and Melamed burnout questionnaires

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Educational support intervention in the form of six 45-minute sessions, over a period of 6 weeks on a variety of issues, including the ability to create an appropriate relationship with the disabled child, the role of suffering in life, adjustment mechanisms and ...

Category

Prevention

2**Description**

Control group: no intervention

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Rafsanjan Shamsaie School

Full name of responsible person

Fatemeh Abdoli

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Mohammad Zarebidak

Street address

Central Office of the Rafsanjan University of Medical Sciences, Imam Ali Blvd.

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m.zare@rums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Rafsanjan 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

Rafsanjan University of Medical Sciences

Full name of responsible person

Fatemeh Abdoli

Position

Faculty member

Latest degree

Master

Other areas of specialty/work

Family Health

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Person responsible for updating data

Contact

Name of organization / entity

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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