

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jul 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

**Street address**

School of Nursing and Midwifery, Parastar Street

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**Email**

abdoli\_f@yahoo.com

## 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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Rafsanjan

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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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**Position**

Faculty Member

**Latest degree**

Master

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## Person responsible for updating data

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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