

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

The Effect of Mindfulness-Based Education on the Burden of care and Psychological Capital of Parents of Children with ADHD.

Protocol summary

Study aim

Determination the Effect of Mindfulness-Based Education on the Burden of Care and Psychological Capital of Parents of Children with ADHD.

Design

Convenience sampling was used to select the participants among the parents of children ADHD referring to Zare Hospital. Then will be selected using the excel software Randbetween function.To put the samples in one of two group (intervention or group),the coin will be used.finally,they will be divided into two groups of 40 intervention and control.

Settings and conduct

The intervention group will attend eight 90-minute sessions twice a week at a classroom in Zare Hospital equipped with audio- visual instruments. The researcher will teach them Mindfulness and at the end of the eighth session after receiving the last training, both groups will be re-evaluated.

Participants/Inclusion and exclusion criteria

Entry criteria: Age of parents 18 to 65 years old, Having a child of 3 to 12 years old with ADHD ,Passing of at least 6 months after diagnosis of a child's illness by a psychiatrist, No severe mental illness in the parent's, Willingness participate in the study by the main parent (father/ mother or both) ,Ability to speak and read and write in Persian ,Not being under the psychotherapy simultaneously . Exclusion criteria :Simultaneous care for another patient in the family by the parent, Absence from more than two sessions , Reluctance to continue collaborating in the study ,Coincidence of other illnesses along the ADHD for the child.

Intervention groups

The intervention group receive eight 90-minute sessions of Mindfulness-Based Education twice a week while the control group will receive no specific intervention and will receive routine treatment.

Main outcome variables

the Burden of care and Psychological Capital

General information

Reason for update

Acronym

ADHD اختلال کم توجه/بیش فعال با حروف

IRCT registration information

IRCT registration number: **IRCT20180924041109N1**

Registration date: **2018-11-21, 1397/08/30**

Registration timing: **registered_while_recruiting**

Last update: **2018-11-21, 1397/08/30**

Update count: **0**

Registration date

2018-11-21, 1397/08/30

Registrant information

Name

Yadollah Jannati

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3310 9808

Email address

jannati.yadollah@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-23, 1397/08/01

Expected recruitment end date

2018-11-22, 1397/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Mindfulness-Based Education on the Burden of care and Psychological Capital of Parents of Children with ADHD.

Public title

Mindfulness on the Burden of care and Psychological Capital of Parent

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Age of parents 18 to 65 years old Having a child of 3 to 12 years old with ADHD Passing of at least 6 months after diagnosis of a child's illness by a psychiatrist No severe mental illness in the parent's Willingness participate in the study by the main parent (father/ mother or both) Ability to speak and read and write in Persian Not being under the psychotherapy simultaneously

Exclusion criteria:

Simultaneous care for another patient in the family by the parent Absence from more than two sessions Reluctance to continue collaborating in the study Co-infection of the child with other illnesses Coincidence of other illnesses along the ADHD for the child

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Actual sample size reached: **62**

Randomization (investigator's opinion)

Randomized

Randomization description

Eligible names were prepared and then the groups were selected using the Rand Between in Excel (a function that determines random numbers in a specified range). In order to assign the samples in either control or intervention group, we used tossing a coin.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

•Ethics committee of Mazandaran University of Medical Sciences

Street address

Teachers 'Street - Teachers' Square - Deputy of Research and Technology of Mazandaran University of Medical Sciences

City

Sari

Province

Mazandaran

Postal code

4815733971

Approval date

2018-08-12, 1397/05/21

Ethics committee reference number

IR.MAZUMS.REC.1397.151

Health conditions studied

1

Description of health condition studied

Attention Deficit Hyperactivity Disorder(ADHD) children

ICD-10 code

ICD-10 code description

F90-0

Primary outcomes

1

Description

The Score of Psychological Capital in the Luthanz Questionnaire

Timepoint

Before and immediately after the intervention

Method of measurement

Psychological Capital Luthanz Questionnaire

2

Description

The Score of Burden of care in the Zarit questionnaire

Timepoint

Before and immediately after the intervention

Method of measurement

Zarit questionnaire

Secondary outcomes

1

Description

self-efficacy

Timepoint

Before and immediately after the intervention

Method of measurement

Luthanz Psychological Capital questionnaire

2

Description

optimism

Timepoint

Before and immediately after the intervention

Method of measurement

Luthanz Psychological Capital questionnaire

3

Description

hope

Timepoint

Before and immediately after the intervention

Method of measurement

Luthanz Psychological Capital questionnaire

4

Description

flexibility /elasticity

Timepoint

Before and immediately after the intervention

Method of measurement

Luthanz Psychological Capital questionnaire

Intervention groups

1

Description

Intervention group:will receive eight 90-minute sessions of Mindfulness-Based Education twice a week.

Category

Other

2

Description

Control group: will receive no specific intervention and will receive routine treatment.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Zare hospital

Full name of responsible person

jannati yadollah

Street address

Sari Neka Road

City

Sari

Province

Mazandaran

Postal code

4815733971

Phone

+98 11 3328 3886

Fax

+98 11 3336 2569

Email

zarehospital@yahoo.com

Web page address

<http://zarehospital.mazums.ac.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Majid Saeedi

Street address

Sari, Imam Sq, Joybar 3way, Start of valiye asr highway, Mazandaran University of Medical Sciences

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Phone

+98 11 3304 4001

Fax

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Email

mazums.ac.ir@yahoo.com

Web page address

<https://www.mazums.ac.ir>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sari University of Medical Sciences

Proportion provided by this source

70

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

2

Sponsor

Name of organization / entity

Zare hospital

Full name of responsible person

Majid Saeedi

Street address

5 Sari Road, Neka

City

Sari

Province

Mazandaran

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4815733971

Phone

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Fax

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Email

zarehospital@yahoo.com

Web page address<http://zarehospital.mazums.ac.ir/>**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Zare hospital

Proportion provided by this source

30

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**

Mazandaran University of Medical Sciences

Full name of responsible person

Yadollah Jannati

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Web page address<http://www.mazums.ac.ir/>**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Mazandaran University of Medical Sciences

Full name of responsible person

Yadollah Jannati

Position

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Latest degree

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Web page address<http://www.mazums.ac.ir/>**Person responsible for updating data****Contact****Name of organization / entity**

Mazandaran University of Medical Sciences

Full name of responsible person

Yadollah Jannati

Position

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Latest degree

Ph.D.

Other areas of specialty/work

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Phone

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Email

jannati.yadollah@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