

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

Effectiveness of self-differentiation psycho education based on systemic theory on family function, parental stress, marital satisfaction and adjustment and resilience in mothers of children with Autism Spectrum Disorder

Protocol summary

Study aim

Evaluation of the effectiveness of systems theory-based self-differentiation psycho education in increasing the self-differentiation , increasing family Function, reducing parenting stress, Increasing the Marital Adjustment, Increasing the Marital Satisfaction, Increasing the Resilience of Mothers of Children with Autism Spectrum

Design

Randomized controlled trial, available sampling, Parallel groups, not blinded, randomized placement in intervention and control group, sample size 36, pretest post test and follow up, one month follow up

Settings and conduct

available Sampling at the Mita Charity. Volunteers randomly assigned into two groups, one experimental and one control group. The sampling process was carried out in 5 stages. Patient selection, pre-test, intervention, post-test, and one-month follow-up.

Participants/Inclusion and exclusion criteria

Entry Criteria: Couples living together, having at least one child with autism diagnosis, low score on differentiation scale. Having minimum guidance education Exit criterion: Simultaneous participation in other psychological therapies, diagnosis of severe psychiatric disorders such as psychotic disorders and acute personality disorders of any drug use, unwillingness to cooperate

Intervention groups

Intervention in the form of self-differentiation Psycho education is carried out in 10 sessions according to the Young and Long protocol (2006). The control group received no intervention in this study

Main outcome variables

family function, parental stress, marital satisfaction and adjustment and resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181126041764N1**

Registration date: **2019-11-02, 1398/08/11**

Registration timing: **retrospective**

Last update: **2019-11-02, 1398/08/11**

Update count: **0**

Registration date

2019-11-02, 1398/08/11

Registrant information

Name

fatemeh jokar bezein

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7742 1963

Email address

f.jokar91@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-27, 1398/05/05

Expected recruitment end date

2019-08-17, 1398/05/26

Actual recruitment start date

2019-07-27, 1398/05/05

Actual recruitment end date

2019-08-21, 1398/05/30

Trial completion date

2019-10-21, 1398/07/29

Scientific title

Effectiveness of self-differentiation psycho education based on systemic theory on family function, parental stress, marital satisfaction and adjustment and resilience in mothers of children with Autism Spectrum Disorder

Public title

Effectiveness of self-differentiation psycho education in mothers of children with Autism Spectrum Disorder

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having a marital relationship Having at least one child diagnosed with autism Gaining a low score on the scale of differentiation Having a minimum education degree

Exclusion criteria:

diagnosed of severe psychiatric disorders such as psychotic disorders and acute personality disorders Taking any drugs Disclaimer of cooperation in the project

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **36**

Actual sample size reached: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling will be done through available sampling until the completion of the sample, in which the mothers who volunteered to participate in the research will be recruited based on the inclusion and exclusion criteria of the registrant; Random number tables are used in the experimental and control groups.

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 social welfare and rehabilitation

sciences University

Street address

Kodakyar Ave., daneshjo blvd., Evin

City

Tehran

Province

Tehran

Postal code

۱۹۸۵۷۱۳۸۷۱

Approval date

2018-12-16, 1397/09/25

Ethics committee reference number

IR.USWR.REC.1397.111

Health conditions studied

1

Description of health condition studied

self-differentiation, family function, parental stress, marital satisfaction marital adjustment, resilience

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

family function

Timepoint

before the first sessions of psycho education, the last session of intervention and a month later of the last session of intervention

Method of measurement

Family Functioning Assessment Scale (FAD)

2

Description

parental stress

Timepoint

before the first sessions of psycho education, the last session of intervention and a month later of the last session of intervention

Method of measurement

Parenting Stress Questionnaire (PSI-SF)

3

Description

marital satisfaction

Timepoint

before the first sessions of psycho education, the last session of intervention and a month later of the last session of intervention

Method of measurement

Enrich marital satisfaction

4

Description

marital adjustment

Timepoint
before the first sessions of psycho education, the last session of intervention and a month later of the last session of intervention

Method of measurement
Marital Adjustment Questionnaire (DAS),

5

Description
resilience

Timepoint
before the first sessions of psycho education, the last session of intervention and a month later of the last session of intervention

Method of measurement
Conner & Davidson Resilience Questionnaire (CD-RISC)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention with self-differentiation Psycho education according to Young and Long protocol (2006) was performed in ten sessions in experimental group and control group received no intervention.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Autism Aid Mothers Charity (MITA)

Full name of responsible person
kiandokht salehi

Street address
2 deadend, Behafarin ave, Valiasr Square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
University of social welfare and rehabilitation sciences

Full name of responsible person
Khankeh Hamid

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Grant name

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
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
University of social welfare and rehabilitation sciences

Full name of responsible person
Khankeh Hamid

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Fatemeh Jokar bezein

Position

MA student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for updating data

Contact

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Full name of responsible person

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Position

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Latest degree

Bachelor

Other areas of specialty/work

Psychology

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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