Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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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Email

F.jokar91@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Khankeh Hamid

Street address

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Web page address

https://uswr.ac.ir/page/%D9%85%D8%B9%D8%A7%D9%88%D9%86+%D8%AA%D8%AD%D9%82%DB%8C%D9%82%D8%A7%D8%AA+%D9%88+%D9%81%D9%86+%D8%A2%D9%88%D8%B1%DB%8C

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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kodakyar Ave., daneshjo Blvd.,Evin

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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

Name of organization / entity

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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