Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of happiness training on pattern of parent-child relationships and parents hope of children with autism

Protocol summary

Study aim
Parents with autistic children have difficulty interacting with their child due to the type of disorder and feel sad in life. The present study aims to effectiveness of happiness training on pattern of parent-child relationships and parents hope of children with autism.
Design
Educational trial with control group
Settings and conduct
Atefeh Rafsanjan Training and Rehabilitation Center
Participants/Inclusion and exclusion criteria
20-60 years old Parents of children with Autism Spectrum Disorder participant in this study. Parents with chronic physical and psychiatric illnesses are excluded from the study.
Intervention groups
Happiness Training
Main outcome variables
Parent-Child Interaction Pattern, Hope

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20150317021497N3**
Registration date: **2019-01-07, 1397/10/17**
Registration timing: **registered_while_recruiting**

Last update: **2019-01-07, 1397/10/17**
Update count: **0**
Registration date
2019-01-07, 1397/10/17

Registrant information
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-12-22, 1397/10/01
Expected recruitment end date
2019-03-11, 1397/12/20
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effectiveness of happiness training on pattern of parent-child relationships and parents hope of children with autism

Public title
Effectiveness of happiness on parent-child relationships and hope
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Age of 20-60 years
Exclusion criteria:
Parental involvement in psychiatric illnesses Admission history (eg, schizophrenia, major depressive, borderline personality disorder) Chronic or difficult to cure physical diseases (such as multiple sclerosis, advanced cancers, grandmal epilepsy) Death of a close family in the last

year Divorce of wife Addiction to narcotic drugs Addiction of wife to narcotic drugs

Age
From **20 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **26**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomly permuted blocks of 2 to assign parents to group intervention or control

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
Imam Ali

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Province
Kerman

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7713961151

Approval date
2018-10-15, 1397/07/23

Ethics committee reference number
IR.RUMS.REC.1397.116

Health conditions studied

1

Description of health condition studied
Parent-child relation

ICD-10 code
Z61.9

ICD-10 code description
Negative life event in childhood, unspecified

2

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Parent-child relationship pattern

Timepoint
Before training, after training

Method of measurement
Pianta parent–child relationship questionnaire

2

Description
Hope

Timepoint
Before training, after training

Method of measurement
Miller Hope Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Happiness training

Category
Behavior

2

Description
Control group: Without any intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Center for Educational and Rehabilitation of Penetrating Disorders of Growth, Atefeh Autism Spectrom

Full name of responsible person
Mohammadreza Mokhtaree

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Sponsors / Funding sources

1

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Personal
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Not applicable
Title and more details about the data/document
All data can be shared after unrecognizable.
When the data will become available and for how long
6 months after study completion
To whom data/document is available
Academic researchers
Under which criteria data/document could be used
Submit a written request with a valid identification card
From where data/document is obtainable
Mohammadreza Mokhtaree, mrmokhtaree@yahoo.com
What processes are involved for a request to access data/document
Submit a written request with a valid identification card.
Data sent after review.
Comments