

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 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

##### Name

Mohammadreza Mokhtaree

##### Name of organization / entity

Rafsanjan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34260081

##### Email address

mrmokhtaree@rums.ac.ir

##### 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

##### City

Rafsanjan

##### Province

Kerman

##### Postal code

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 Spectrum

##### Full name of responsible person

Mohammadreza Mokhtaree

##### Street address

Motahari

##### City

Rafsanjan

##### Province

Kerman  
**Postal code**  
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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Rafsanjan University of Medical Sciences  
**Full name of responsible person**  
Ali Shamsizadeh  
**Street address**  
Imam Ali  
**City**  
Rafsanjan  
**Province**  
Kerman  
**Postal code**  
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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

**Name of organization / entity**  
Rafsanjan University of Medical Sciences  
**Full name of responsible person**  
Mohammadreza Mokhtaree  
**Position**  
Researcher  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Psychology  
**Street address**

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Rafsanjan University of Medical Sciences  
**Full name of responsible person**  
Mohammadreza Mokhtaree  
**Position**  
Researcher  
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Psychology  
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## Person responsible for updating data

#### Contact

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**Latest degree**  
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**Other areas of specialty/work**  
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**Postal code**  
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**Phone**  
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**Email**

mrmokhtaree@yahoo.com

**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**