

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Emotional dysregulation in child anxiety: effectiveness of a mixed program of emotional socialization and parenting accommodation in improving anxiety, emotional regulation, and functional outcomes

Protocol summary

Study aim

effectiveness of a mixed program of emotional socialization and Family accommodation in improving anxiety, emotional regulation, and functional outcomes

Design

Parallel group. The sample size is 80 people divided into four groups of 20 people. After initial screening, the names of the participants in the research are arranged without any order. By throwing a dice and identifying a number, four groups are formed and again assigned the control group and the intervention with the lottery of the groups.

Settings and conduct

This research will be conducted in Malayer and in elementary schools.

Participants/Inclusion and exclusion criteria

Mother of 6 to 8 year olds literate mothers / willingness to participate in research conditions child being ill

Intervention groups

Control Emotional socialization Family accommodation mixed of emotional socialization and Family accommodation

Main outcome variables

Improving anxiety, emotional regulation, and functional outcomes

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190111042325N1**

Registration date: **2019-04-14, 1398/01/25**

Registration timing: **retrospective**

Last update: **2019-04-14, 1398/01/25**

Update count: **0**

Registration date

2019-04-14, 1398/01/25

Registrant information

Name

Maryam Hassanzadeh Aval

Name of organization / entity

Ferdowsi University of Mashhad

Country

Iran (Islamic Republic of)

Phone

+98 81 3222 0188

Email address

hassanzadeh.maryam@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-20, 1397/10/30

Expected recruitment end date

2019-02-19, 1397/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Emotional dysregulation in child anxiety: effectiveness of a mixed program of emotional socialization and parenting accommodation in improving anxiety, emotional regulation, and functional outcomes

Public title

emotional dysregulation in child anxiety

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

age of child between 6 and 8 years educated mothers
willingness to participate in research

Exclusion criteria:

Not having a parent Mother or child suffered a
debilitating physical illness (such as cardiovascular
diseases, cancer, multiple sclerosis) (according to
parents)

Age

From **6 years** old to **8 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

After initial screening, the names of the participants in
the research are arranged without any order. By
throwing a dice and identifying a number, four groups
are formed and again assigned the control group and the
intervention with the lottery of the groups.

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 Ferdowsi University

Street address

Freedom Square, Ferdowsi University of Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Approval date

2019-02-25, 1397/12/06

Ethics committee reference number

ir.um.rec.1397.057

Health conditions studied

1

Description of health condition studied

anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes

1

Description

improving anxiety

Timepoint

Before and after the intervention, and follow up to 6
months

Method of measurement

questionnaire

Secondary outcomes

1

Description

functional outcomes

Timepoint

per and post of intervention

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: emotional socialization. The
intervention lasts six sessions and is given training
sessions on anxiety, development of emotions, labeling,
and modeling emotional regulation. All tutorials are
delivered as lectures and practice sessions.

Category

Behavior

2

Description

Intervention group: Family. accommodation. This
intervention takes 6 sessions and takes place in sessions
on anxiety, identification of reassurance and its
replacement with effective coping, identification of
intervention and radical guidance and its replacement
with the modeling of courageous behavior, identifying
allowing it to be avoided and replacing it with rewarding
behaviors Courageous, identifying the indignity and
replacing it by ignoring the mother's teachings. All
tutorials are delivered as lectures and practice sessions.

Category

Behavior

3

Description

Intervention group: mixed program of emotional socialization and Family accommodation. The combination of the two previous interventions, takes ten sessions.

Category

Behavior

4

Description

Control group: There is no intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

15 public school

Full name of responsible person

Maryam Hassanzadeh Aval

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Azadi, Rajaei

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy of University of Ferdowsi Mashhad

Full name of responsible person

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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

Research Deputy of University of Ferdowsi Mashhad

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

Mashhad University of Medical Sciences

Full name of responsible person

Ali Mashhadi

Position

Associate Professor of Clinical Child & Adolescent Psychology

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Ferdowsi Mashhad

Full name of responsible person

Maryam Hassanzadeh Aval

Position

Ph.d Student

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

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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

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not 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