Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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 Familly 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 Familly accommodation mixed of emotional socialization and Familly 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)

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+98 81 3222 0188

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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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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
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Person responsible for scientific inquiries

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Person responsible for updating data

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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