

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effect of family-centered empowerment model on resilience and hope of parents of children with mental retardation in Aliabad, Golestan Province in 2019

Protocol summary

Study aim

Determining the effect of family-centered empowerment model on resilience and hope of parents of children with mental retardation in Ali Abad Katoul in 1398

Design

The clinical trial with a test and control group, with factorial groups, will be randomly sampled from the research community where parents of mentally retarded children will be referred to Ali Abad Katoul Special School. This experimental study is pre-test and post-test with two groups of test and control. In this way, random numbers will be assigned to the selected units, individual numbers in the test group and even numbers in the control group. After explaining the aims of the study, before the intervention in the test and control group, the standard questionnaire of resilience and hope will be completed by the researcher or parents and after the intervention the questionnaire will be completed again. Sample size was 48 (24 in experimental group and 24 in control group)

Settings and conduct

Parents of mentally retarded children referred to Ali Abad Katoul Special School will be randomly selected. Then, in the experimental group, the mothers will be exposed to the independent variable of education in 6 sessions of 60 minutes each.

Participants/Inclusion and exclusion criteria

The parent inclusion criteria are those with at least one child with mental retardation who are willing to participate in the study, and the exclusion criteria are non-participation or absenteeism in the parenting classes.

Intervention groups

This experimental study is a pretest-posttest with two experimental and control groups. In the experimental group, the mothers will be trained in 6 sessions of 60 minutes each with an independent variable that will be

approved by the counselor. There is no intervention for the control group during this period and only pre-test is taken.

Main outcome variables

Mental retardation; resilience; hope

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191229045934N1**

Registration date: **2020-07-05, 1399/04/15**

Registration timing: **retrospective**

Last update: **2020-07-05, 1399/04/15**

Update count: **0**

Registration date

2020-07-05, 1399/04/15

Registrant information

Name

saeideh mazidi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3422 5914

Email address

saeede_mazidi@aliabadiau.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-10-01, 1398/07/09

Expected recruitment end date

2019-12-31, 1398/10/10

Actual recruitment start date

2019-10-01, 1398/07/09

Actual recruitment end date

2019-12-31, 1398/10/10

Trial completion date

2019-12-31, 1398/10/10

Scientific title

The effect of family-centered empowerment model on resilience and hope of parents of children with mental retardation in Aliabad, Golestan Province in 2019

Public title

The effect of family-centered empowerment model on resilience and hope of parents of children with mental retardation

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Parents who have at least one child with mental retardation
Parents of children with mental retardation who wish to participate in the study
Do not have physical or psychological problems
Ability to read and write

Exclusion criteria:

Not be able to read and write
Have physical and mental problems

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **48**Actual sample size reached: **48****Randomization (investigator's opinion)**

Randomized

Randomization description

Sampling by random method is simple, so that the selected units will be given a number randomly and selected by lottery, then the individual numbers will be in the test group and the even numbers will be in the control group.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Factorial

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Chalus Azad University

Street address

No 1, in front of Isar 12 Sadat building, Pasdaran
Street 36, Ali abad katul Town

City

Ali abad katul

Province

Golestan

Postal code

4941868564

Approval date

2019-08-06, 1398/05/15

Ethics committee reference number

IR.IAU.CHALUS.REC.1398.017

Health conditions studied**1****Description of health condition studied**

عقب ماندگی ذهنی

ICD-10 code

F70

ICD-10 code description

Mild intellectual disabilities

Primary outcomes**1****Description**

Hope

Timepoint

Before and after the study

Method of measurement

Schneider Hope Questionnaire

2**Description**

Resilience

Timepoint

Before and after intervention

Method of measurement

Conor & Davidson Resiliency Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Parents of mentally retarded children will be randomly assigned to 6 independent 60-minute sessions, which will be approved by the counselor.

Category
Behavior

2

Description

Control group: Parents of mentally retarded children without intervention

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Ali abad katul Exceptional School
Full name of responsible person
Kamar Komshi
Street address
No 10, Farhang 2, Mazrae street, Ali abad katul Town
City
Ali abad katul
Province
Golestan
Postal code
4941868564
Phone
+98 17 3428 2400
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amir.s1368@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research Islamic Azad University
Ali abad katoul
Full name of responsible person
Dr Rezai
Street address
N0 1, Kordabad street, Ali abad katul Town
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Ali abad
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Golestan
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4941868564
Phone
+98 17 3423 9780
Email
aliabadiu@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice Chancellor for Research Islamic Azad University Ali

abad katoul

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
Islamic Azad University
Full name of responsible person
Saeede mazidi
Position
University student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Person responsible for updating data

Contact

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Full name of responsible person

Saeidehmazidi

Position

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Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Title and more details about the data/document

All potential data is shared after unidentifiable people

When the data will become available and for how long

Start of access period from 1399

To whom data/document is available

It will only be available to researchers working in academic and scientific institutions

Under which criteria data/document could be used

No restriction analysis

From where data/document is obtainable

Responsive email address saeidehmazidi@yahoo.com

What processes are involved for a request to access data/document

unlimited

Comments