Clinical Trial Protocol
Iranian Registry of Clinical Trials

11 Nov 2026

Comparison of the Effectiveness Floor Time Play and Cognitive-Behavioral Play Therapy on Emotion Management, Self-Control, and Executive Functions in Students with Attention Deficit Hyperactivity Disorder and Mathematics Disorder

Protocol summary

Study aim
The aim of this study was to Comparison of the Effectiveness Floor Time Play and Cognitive-Behavioral Play Therapy on Emotion Management, Self-Control, and Executive Functions in Students with Attention Deficit Hyperactivity Disorder and Mathematics Disorder.

Design
Clinical trial with control group, with parallel groups, double-blind, randomized

Settings and conduct
The experimental groups of this study were trained in Omid Arak Counseling Center. The method was group work, blinding was not performed in this study. The interventions were performed by psychiatrists in experimental groups.

Participants/Inclusion and exclusion criteria
The criteria for entering the subjects are: Intermediate and Intermediate Intelligence (Lack of Mental Retardation), 4th, 5th and 6th Grade Elementary School Lack of mental disorders and no acute illness The criteria for leaving the subjects are: Taking psychiatric medications

Intervention groups
Floor Time Play (based on the theoretical foundations of fluoride in the form of 10 weekly therapy sessions) Cognitive-Behavioral Play Therapy (Based on Theoretical Foundations of Behavioral Cognitive Therapy in the form of 10 weekly therapy sessions) control group

Main outcome variables
Executive functions, self-control, emotion management.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200405046962N2**
Registration date: **2020-05-07, 1399/02/18**
Registration timing: **retrospective**

Last update: **2020-05-07, 1399/02/18**
Update count: **0**

Registration date
2020-05-07, 1399/02/18

Registrant information

Name
Farshid alipour

Name of organization / entity
Kharazmi University of Tehran

Country
Iran (Islamic Republic of)

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+98 81 3421 0573

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-10-02, 1398/07/10

Expected recruitment end date
2019-10-12, 1398/07/20

Actual recruitment start date
2019-10-12, 1398/07/20

Actual recruitment end date
2020-01-20, 1398/10/30

Trial completion date
2020-02-01, 1398/11/12

Scientific title
Comparison of the Effectiveness Floor Time Play and

Cognitive-Behavioral Play Therapy on Emotion Management, Self-Control, and Executive Functions in Students with Attention Deficit Hyperactivity Disorder and Mathematics Disorder

Public title

Psychological intervention on improving the condition of children with attention deficit hyperactivity disorder and mathematical learning disorder

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Intermediate and Intermediate Intelligence (Lack of Mental Retardation) Fourth, fifth and sixth grade of elementary school Lack of mental disorders and no acute illness

Exclusion criteria:

Lack of cooperation between the child or the family at each stage of the research Child restlessness and intolerance to research conditions

Age

From **9 years** old to **13 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant
- Data analyser

Sample size

Target sample size: **45**

Actual sample size reached: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

An random assignment was made in which all the subjects name were poured into a container and a name was randomly removed from the container. Then, to determine this person's intervention method, the name of the intervention method (dialectical, attachment and control) was randomly removed from another container.

Blinding (investigator's opinion)

Double blinded

Blinding description

Randomization of subjects in the research groups was done by random assignment using lottery, so that the subjects did not know the type of group to which they would be members, the subjects were unaware that other people belong to the type of group. Also, group membership was done by lottery, so that after random selection of the subject, one of the groups was selected by lot. Also, the statistical analyst did not know the type of research groups.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University, arak Branch

Street address

No12, Building 1, Quarter Amirkabir University, Blv Imam Khomeini, Sq Imam Khomeini, Arak. Iran.

City

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Province

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Postal code

91311-38361

Approval date

2019-11-02, 1398/08/11

Ethics committee reference number

IR.IAU.ARAK.REC.1399.002

Health conditions studied

1

Description of health condition studied

Attention Deficit Hyperactivity Disorder

ICD-10 code

F90

ICD-10 code description

Attention-deficit hyperactivity disorders

2

Description of health condition studied

Mathematics Disorder

ICD-10 code

F81.2

ICD-10 code description

Mathematics disorder

Primary outcomes

1

Description

Executive Functions

Timepoint

Before the start of the intervention, after the end of the intervention, two months after the end of the intervention

Method of measurement

Executive Functions scale

Secondary outcomes

1

Description
Self-Control
Timepoint
Before the start of the intervention, after the end of the intervention, two months after the end of the intervention
Method of measurement
Self-Control scale

2

Description
emotion management
Timepoint
Before the start of the intervention, after the end of the intervention, two months after the end of the intervention
Method of measurement
emotion management scale

Intervention groups

1

Description
Intervention group 1 : Floor Time Play 1- Teaching and introducing emotions and how to identify the feelings of the child and parents and raising emotional awareness in general. Give it anger. 3- Paying attention to the negative and positive emotions of the child and those around him and the situations that arouse these emotions, because the emotions of the child and those around him affect the emotions of the parents. Be. 4. Emphasize that awareness of emotions and the ability to deal with them is important for dealing with them and for healthy functioning, and repression and disorder can lead to helplessness, frustration, and mental rumination. 5- Separating adaptive emotions from adaptive emotions. If the feeling is healthy, it should be used as a practical guide, and if it is unhealthy, it should be changed.
Category
Behavior

2

Description
Intervention group 2 : Cognitive-Behavioral Play Therapy The first session: Introducing the researcher and the children to each other, stating the purpose and rules of the group, teaching problem solving using allegory and story, chair games.Session 2: Psychological training includes recognizing and expressing thoughts and feelings, using painting, group games such as playing the wheel of emotion, playing cards of emotional situations, and playing balloons of anger.Session 3: Psychological education includes recognizing the dimensions of emotions using the story, and identifying the types of cognitions and emotions of the characters in the story, using the game of wolves and herds, and painting the faces of different emotions.Session 4: Cognitive Reconstruction, including Identifying and Challenging Challenges, Identifying Emotional Stimuli Using Role Play, Using Practical Drawings, Thinking Bubbles, or Playing Like Dolls with Different Behavioral Styles, Challenging Challenging Cognitive Distortions by Performing Play scale to feel angry and play thinking loudly.Session 5: Relaxation, and a variety of games such as bubble games, breathing trips, fantasy games, ice games and identifying relaxing activities by performing the magic rug game.Session 6: Stop Thought Techniques, Identify Disturbing Thoughts: Stop playing role-playing games, stop annoying thoughts, remotely control thoughts, and play the alarm clock game.Session 7: Learning to deal with problems, with stories and gamesSession 8: Positive self-talk and mindfulness training using role-playing.Session 9: Teaching social skills, recognizing and expressing emotions, communicating with others, using to show good social behaviors to children.Session 10: Discuss the general group on educational materials and the methods learned and review the games. Express the opinions of group members and post-test implementation.
Category
Behavior

3

Description
Control group: Control group
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Omid Counseling Center
Full name of responsible person
mazaher bodaghi
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NO 1, St Malek, Arak, Iran.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person

Shahab Khaghani

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Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

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

Mazaher Bodaghi

Position

psychologist

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Position

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Latest degree

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Other areas of specialty/work

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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

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available