Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the Effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) and Calm body (Relaxation) on parenting stress and depression in mothers with hard of hearing child

Protocol summary

Study aim
Comparison of (EMDR) and (Relaxation) on parenting stress and depression

Design
Among the statistical population, 3 intervention groups were selected based on the criteria for entering the research by targeted sampling method and were substituted equally in 3 intervention groups. Clinical trial with control group, with parallel, blinded groups, targeted selection on 45 patients.

Settings and conduct
Ahvaz District 3 Education Counseling Center

Participants/Inclusion and exclusion criteria
Entry requirements: Having a hard-to-hear child Age range between 25 and 50 Conditions of non-entry: Having more than two children with severe hearing loss Taking medications related to depression

Intervention groups
First Intervention Group: Receives EMDR therapeutic news. Second Intervention Group: Receives RELAXTION fashion news therapy. Third intervention group: Does not receive any medical news fashion

Main outcome variables
Parental stress refers to situations in which parents face environmental requirements that go beyond the social and personal resources at their disposal. Depression refers to a set of behaviors whose specific elements are slowness in movement and speech

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200531047613N1**
Registration date: **2020-06-22, 1399/04/02**
Registration timing: **prospective**
Last update: **2020-06-22, 1399/04/02**
Update count: **0**

Registration date
2020-06-22, 1399/04/02

Registrant information

Name
frough Ahame

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 3222 7995

Email address
froughahameh@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-09-22, 1399/07/01

Expected recruitment end date
2020-10-22, 1399/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of the Effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) and Calm body (Relaxation) on parenting stress and depression in mothers with hard of hearing child

Public title
Comparison of the Effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) and Calm

body (Relaxation) on parenting stress and depression

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Lack of psychiatric illness Lack of use of psychiatric nerves based on psychological interviews Satisfaction with attending treatment Lack of use of other psychotherapy and counseling services during the sessions

Exclusion criteria:

Having more than one deaf child Age under 25 and above 50 years Being absolute Being deaf

Age

From **25 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 in Research of Islamic Azad University - Ahvaz Unity

Street address

West Kargar Street.City Culture.Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

6183873169

Approval date

2020-03-17, 1398/12/27

Ethics committee reference number

IR.IAU.AHVAZ.REC.1399.008

Health conditions studied

1

Description of health condition studied

parenting stress

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Depression

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Depression score in Beck questionnaire

Timepoint

30 and 45 days

Method of measurement

Beck Depression Inventory

Secondary outcomes

1

Description

parenting stress

Timepoint

30 and 45 days

Method of measurement

Abdidin's parenting stress questionnaire

Intervention groups

1

Description

Intervention groupThis group receives 8 sessions of EMDR therapeutic intervention.:

Category

Behavior

2

Description

Intervention group: This group receives 8 sessions of Relaxtion therapeutic intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Consulting center of the exceptional education department of Ahvaz city
Full name of responsible person
Hossein Chaldavi
Street address
Mahdavi Street.Abadan crossroads.
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froughahameh@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
maryam gholam zadeh jofre
Street address
Golestan Highway - Farhang Shahr - Islamic Azad University, Ahu Branch
City
Ahvaz
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Khouzestan
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۶۱۳۴۹-۳۷۳۳۳
Phone
+98 61 3334 8421
Email
Gholamzadeh.m7232@gmail.com
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
Private
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
frough ahame
Position
PhD student in counseling
Latest degree
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Person responsible for updating data

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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
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
No - There is not a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
All information will be provided.
When the data will become available and for how long
Start access 6 months after printing results
To whom data/document is available
All enthusiasts and professionals
Under which criteria data/document could be used
I don't have access to the results for 6 months after printing.
From where data/document is obtainable
Refer to myself and my email
What processes are involved for a request to access data/document
Start access 6 months after printing results. Contact 09166431946 Email: froughahameh@gmail.com
Comments
Thanks