

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 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**

Khuzestan

##### **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 Relaxion 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.

**City**

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**Province**

Khouzestan

**Postal code**

6183873175

**Phone**

+98 61 3292 4828

**Email**

froughahameh@gmail.com

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

frough ahome

**Position**

PhD student in counseling

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

8th Street,Padadshahr

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**Email**

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**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

**Province**

Khouzestan

**Postal code**

۶۱۳۴۹-۳۷۳۳

**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****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Frough Ahame

**Position**

PhD student in counseling

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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**Person responsible for updating data****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

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**Position**

PhD student in counseling

**Latest degree**

Master

**Other areas of specialty/work**

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**Fax****Email**

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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