Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Developing a Mindful Self-compassion Training Program with Focus on Life style and Evaluating Effectiveness on Early Maladaptive Schemas, Quality of Life, and Family Functioning of Mothers of Children with Autism Spectrum Disorder

Protocol summary

Study aim
The aim of this study was to investigate the effectiveness mindful self-compassion with focus on life style program training on early maladaptive schemas, quality of life, and family functioning of mothers of children with autism spectrum disorder.

Design
The population consisted of all mothers of children with autism referred to Kashan Autism Association in 2019 year. The sample consisted of 24 mothers of level one children with autism which were recruited through a convenient method of sampling. The sample were randomly assigned into two groups each of them 12 mothers as the experimental group and 12 mothers as the control group. The experimental group trained for 8 sessions in the field of Mindful Self-compassion with focus on life style and the control group was put on the waiting list for a shorter version of the intervention.

Settings and conduct
A quasi-experimental research design of pre-test - post-test and follow-up was used to answer the research questions in this study. The population consisted of all mothers of children with autism referred to Kashan Autism Association in 2019 year. The sample consisted of 24 mothers of level one children with autism which were recruited through a convenient method of sampling. The sample were randomly assigned into two groups each of them 12 mothers as the experimental group and 12 mothers as the control group.

Participants/Inclusion and exclusion criteria
Having a child with autism, having a diploma, not taking medicine

Intervention groups
The experimental group trained for 8 sessions in the field of Mindful Self-compassion with focus on life style and the control group was put on the waiting list for a shorter version of the intervention.

Main outcome variables
Improving and modifying early maladaptive schemas, quality of life and family functioning

General information

Reason for update

Acronym
MSC

IRCT registration information
IRCT registration number: **IRCT20200814048402N1**
Registration date: **2020-08-23, 1399/06/02**
Registration timing: **retrospective**

Last update: **2020-08-23, 1399/06/02**
Update count: **0**

Registration date
2020-08-23, 1399/06/02

Registrant information

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Name of organization / entity

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-12-06, 1398/09/15

Expected recruitment end date
2019-12-16, 1398/09/25
Actual recruitment start date
2019-12-21, 1398/09/30
Actual recruitment end date
2019-12-25, 1398/10/04
Trial completion date
2020-02-09, 1398/11/20

Scientific title
Developing a Mindful Self-compassion Training Program with Focus on Life style and Evaluating Effectiveness on Early Maladaptive Schemas, Quality of Life, and Family Functioning of Mothers of Children with Autism Spectrum Disorder

Public title
Effectiveness Mindful Self-compassion
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Having a child with autism Having a diploma Do not take medicine
Exclusion criteria:
Absence in two sessions of Mindful self-compassion training Failure to do mindful self-compassion training exercises
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **24**
Actual sample size reached: **24**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee in Biomedical Research, Islamic Azad University
Street address
No.67, West Sohada Hesark, Simon Bolivar blvd., Tehran Town
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Tehran
Province
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Postal code
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Approval date
2020-02-22, 1398/12/03
Ethics committee reference number
IR.IAU.SRB.REC.1398.221

Health conditions studied

1

Description of health condition studied
Mothers with autistic children
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Mothers' scores in the initial Maladaptive schema Questionnaire
Timepoint
Pre-test, post-test and quarterly follow-up
Method of measurement
Young initial maladaptive schema Questionnaire

2

Description
Mothers' scores in the Quality of Life Questionnaire
Timepoint
Pre-test, post-test and quarterly follow-up
Method of measurement
World Health Organization Quality of Life Questionnaire

3

Description
Mothers' scores in the Family Function Questionnaire
Timepoint
Pre-test, post-test and quarterly follow-up
Method of measurement
McMaster Family Functioning Questionnaire

Secondary outcomes

1

Description
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Timepoint
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Method of measurement

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2

Description

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Timepoint

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Method of measurement

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Intervention groups

1

Description

experimental group: The method of conducting the research was that after random selection and replacement of participants in the experimental and control groups, the experimental group was trained as a group for eight sessions of two and a half and a week, and the control group was on the waiting list for training. Were located. In all sessions, 15 minutes of rest and reception were provided and sessions 5, 6, and 8 were performed in two sessions according to its content. At the beginning of the training as a pre-test and after the training as a post-test and after 3 months as a follow-up, the level of early maladaptive schema, quality of life and family functioning of the two groups was assessed. In order to develop a mindful self-compassion program with emphasis on the Islamic-Iranian lifestyle, first by collecting content and theoretically based on cognitive-behavioral approaches, neuroscience, Islamic and literary teachings and referring to psychological texts and sources In the field of self-compassion and mindfulness (Neff, Germer, Gilbert, Kabat-Zinn (Hayes, Teasdale's) and to consider the lifestyle by referring to Islamic sources and texts (Holy Quran, Nahj al-Balaghah, Bahar alanvar, mizan alhekmeh and ...) and the divan and books of Iranian poets (Rumi, Hafez, Saadi, Khayyam, etc.), related themes and concepts were extracted and then using the content analysis method, themes and concepts extracted comprehensively, basic and main They were categorized, coded, and organized, and finally the components, content, and exercises of each session were written under the supervision of the supervisors. From the experts' point of view and its application in the program, in order to quantify the content validity of the program, the Lawshe Content Validity Ratio index and the Wal content content validity index tz & Bausell (Content Validity Index) was used for each session, which was confirmed at the level of (0.77) CVR and (0.88) CVI. Content of the first session:Discover yourself mindful self-compassion and self-knowledge.Introduction A concept of self-compassion and components of self-compassion, shared human experience, mindfulness with the necessary oral, practical and film-based exercises in the field that mothers could do during the week. Also, the importance of discovering and discovering compassion for the conscious mind and self-knowledge was explained and described based on Islamic teachings and mystical and romantic poems of Rumi, Hafez, Saadi and Khayyam, and the importance of self-respect, self-meditation and repentance and its effect on The self-discovery of the conscious mind was explained on the basis of Islamic teachings and the mystical and romantic poems of Rumi, Hafez, and Saadi. He also practiced writing compassionate letters for himself and others and practicing the heart mirror technique. Mothers were encouraged to write compassionate letters and heart mirror techniques during the week.Session 2: Mindfulness and the presence of the heart.The differences between empathy, empathy, mindfulness, the importance of the presence of the heart, mindfulness were explained to mothers based on psychological and Islamic concepts and the poems of Rumi, Hafez, Saadi and Khayyam. Rumi's metaphor of non-judgment was described as "no leaf falling from the tree * and the verdict of that unfortunate king". Mindfulness training was also performed through the senses, meditation (loving breathing), raisin eating, and body scanning. A solution for mothers about "resistance" and "re-burning" and how to manage re-burning with mindfulness exercises such as practicing self-compassion in unpleasant situations, taking refuge in daily activities, performing ablutions spiritually, reciting prayers, Quran, supplications, Saying in the name of God and asking for forgiveness was presented in the presence of the heart and reciting poems with the content of the importance of mindfulness.Session 3: Kindness - loving, compassion and divine love.Describe and explain the importance of kindness and love for oneself and others, kindness, mercy and divine mercy towards servants from a psychological perspective and based on Islamic teachings and poems of Hafez, Khayyam, Saadi, Rumi and Shahriyar. Describe and explain the attribute of "Rahma Binham" about kindness, love and emotional connection. Describe the metaphor of "love is one". Rumi's metaphor of kindness was described as "to be sweetened by the love of the bitter * to be healed of the pain". Love-kindness, offering mercy, giving alms, kindness to oneself and others, and writing texts with the content of love and kindness in daily life to strengthen kindness and love.Session 4: Discovering the voice of compassion for oneself and compassion for oneself and the body and Islamic meditation. Description and development of kind meditation and love and Islamic meditation as a motivation to be kind to oneself instead of being critical, describe and explain the metaphors of love "love is intimacy", "love is fluid in a container". Reminding yourself of compassion, divine compassion based on Islamic teachings and poems of Iranian poets. Find exercise in the form of your compassionate voice and recognize the voice of blame within you, compassionate body scanning exercise and heart mirror technique were suggested to be done during the week.Session 5: Deep living and understanding the philosophy of creation and reviewing the exercises of the previous sessions.Describe and explain how to discover our core values, discuss the differences between goals and values, think about the philosophy of life and its values based on faith and trust in God and its effects on

life, express the importance of the covenant and Covenant and fulfillment of it from the perspective of psychology, Islamic teachings, spiritual Masnavi and Rumi's poems to have a deep life. Rumi's metaphor of trust and reliance on God was described as "even if he rains from the sky * he can also give bread to the mercy of God." Doing two-sided coin practice, meditation practice and compassion training, mothers have the opportunity to perform the exercises they have already learned in the session, and exercises such as mental enjoyment of nature and walking were provided. It was also suggested that mothers recite the Qur'an for 5 to 10 minutes daily with the presence of the heart and reading its meanings for a deeper life and the purpose of creation.Session 6: Facing difficult emotions and reducing shame, the role of patience and self-worth.Describing how to label emotions, awareness of emotions in the body, explaining how to deal with difficult emotions and feelings based on the psychological analysis of patience and self-worth and its consequences with emphasis on anger, the importance of long deep breathing in Islam (Al-zaada breathing), calmness, good company, Sadr's explanation, positivity and hope in God, saying Mention, expressing the importance of controlling difficult emotions and having patience from the perspective of the poets of Rumi, Hafez and Saadi and telling the stories of Hazrat Ayub (AS), Yaqub (AS), Hazrat Ibrahim (AS) and the character and behaviors of Hazrat Zainab (AS) after the event of Ashura in the field of the importance of patience, faith and trust in God to be more compatible with suffering and pain, description and explanation of the Persian proverb "Patience The cure for all pains "and" Patience is the key to opening all pains "and Rumi's metaphor in the field of patience" Patience is the flour of desire, not haste * Wait, God knows best "was described and explained. To the feelings of shame in the body, practice the technique of relief-relaxation-acceptance, practice of three-second deep breathing and relaxation of the conscious mind.Session 7: Discovering the Challenging and Positive Islamic Relationships.Describing and explaining anger in relationships, fatigue, how self-compassion for caregivers, empathy, positivity, good faith and forgiveness from a psychological perspective, Islamic teachings and poems of Rumi, Hafez, Saadi and Khayyam were done. There was also practice of satisfying emotional needs, practice of compassionate friend meditation, practice of forgiveness steps (openness, self-compassion, wisdom, intention to forgive, responsibility), practice of three-second deep breathing, illustration of safe place. Mothers were encouraged to moderate their challenging relationships through positivity, good manners, description of Sadr, resentment, and the practice of forgiveness.Session 8: Accepting life and the concept of accepting Reza.In this meeting, the importance of gratitude, self-appreciation, religious thanksgiving, prostration of thanksgiving and acceptance and the concept of satisfaction from the perspective of psychology, Islamic teachings and poems of Rumi, Hafez and Saadi were described and explained. Rumi's metaphors in the field of acceptance and gratitude "he said, 'Now I have accepted the truth, let him live, let him bow down, let him turn right,'" "Sugar, soul, blessing, and blessing for the skin." In this session, the practice of gratitude through prayer, inner prayers and whispers, and self-appreciation, the practice of thanksgiving for big and small things, the practice of how to communicate with my good qualities were performed. To continue self-conscious compassion exercises, mothers were told that we should recognize and enjoy the positive experiences of our lives. At the end of the course, mothers are asked to write down what they have learned, what they would like to remember, and what they would like to practice and review at the end of the course.

Category

Behavior

2

Description

Control group: In the present study, the control group was placed on a waiting list for training to receive mindful self-compassion training after the sessions and follow-up of the experimental group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashan Autism Association

Full name of responsible person

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Sponsors / Funding sources

1

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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?
No

Title of funding source
.

Proportion provided by this source
1

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
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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

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

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