

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

A Comparative Study of the Effectiveness of Trans-diagnosis With Relaxation Therapy on Psychological Symptoms, Parental Beliefs About Neonatal Intensive Care Unit, Adaptation to Mother Role and Social and Occupational Adjustment in Parents of Premature Neonates Admitted to Neonatal Intensive Care Unit

Protocol summary

Study aim

A Comparative of the Effectiveness of Trans-diagnosis With Relaxation Therapy on Psychological Symptoms, Parental Beliefs About Neonatal Intensive Care Unit (NICU), Adaptation to Mother Role and Social and Occupational Adjustment in Parents of Premature Neonates Admitted to Neonatal Intensive Care Unit (NICU)

Design

A clinical trial with a control group, with parallel, randomized groups, on 36 parents, will use the quadratic randomized blocking method for randomization.

Settings and conduct

The study population in this study will include all parents whose infants were admitted to the Neonatal Intensive Care Unit (NICU) in 2020. The sample of this study will be selected from all parents whose infants are hospitalized in the Neonatal Intensive Care Unit (NICU) of hospitals affiliated to Shiraz University of Medical Sciences. To conduct this research, after the approval of the ethics committee of Kermanshah University of Medical Sciences and its registration in the clinical trial (IRCT), hospitals affiliated to Shiraz University of Medical Sciences will be referred.

Participants/Inclusion and exclusion criteria

Main inclusion criteria: having a baby admitted to the neonatal intensive care unit (NICU) Main exclusion criteria: Absence from two sessions of treatment sessions

Intervention groups

18 participants will receive Trans-diagnosis treatment (experimental group) and 18 participants will receive a booklet and CD of relaxation techniques (control group).

Main outcome variables

depression, anxiety, emotional regulation strategies, self-compassion, parental beliefs about neonatal intensive care unit (NICU), adaptation to mother role, work and social adjustment

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160103025817N5**

Registration date: **2020-11-25, 1399/09/05**

Registration timing: **prospective**

Last update: **2020-11-25, 1399/09/05**

Update count: **0**

Registration date

2020-11-25, 1399/09/05

Registrant information

Name

Ali Akbar Parvizi Far

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 918 330 8692

Email address

aa.parvizif@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-12-21, 1399/10/01

Expected recruitment end date

2021-02-19, 1399/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A Comparative Study of the Effectiveness of Trans-diagnosis With Relaxation Therapy on Psychological Symptoms, Parental Beliefs About Neonatal Intensive Care Unit, Adaptation to Mother Role and Social and Occupational Adjustment in Parents of Premature Neonates Admitted to Neonatal Intensive Care Unit

Public title

A Comparative Study of the Effectiveness of Trans-diagnosis With Relaxation Therapy on Psychological Symptoms, Parental Beliefs About Neonatal Intensive Care Unit, Adaptation to Mother Role and Social and Occupational Adjustment in Parents of Premature Neonates Admitted to Neonatal Intensive Care Unit

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Premature baby survival The baby is single Conscious desire and satisfaction of parents to participate in research If the mother is a participant in the study, she should not be hospitalized at the same time Non-abuse of drugs, alcohol and psychotropic drugs, and other drugs (based on participants' comments) Non-development of chronic mental disorders and personality disorders structured according to the principles of the clinical interview Have a minimum cycle education Scoring higher than the cut-off point in the Beck Depression and Anxiety Inventory Not receiving other psychological services at the same time

Exclusion criteria:

Failure to answer the questions of the questionnaires used in the research (at least 5% of the questions in each questionnaire) Absence from two sessions of treatment Unwillingness to continue the process of any of the treatments

Age

From **20 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will first be selected by purposive sampling method and then will be assigned to the four groups using a random quadratic blocking method. The

participants are divided into four blocks (9 people in each block). In this method, usually, the number of people assigned to each group is almost equal and blocks are formed based on the desired variables, and within each block, half of the people are involved and half are considered as controls. The main purpose of this method is to balance the number of participants in each group. The four blocks of the intervention groups (A) and control (B) will be defined (AABB, ABAB, ABBA, BBAA, BABA, BAAB) and will be written on the number cards 1 to 6. The cards are then placed in an envelope. Finally, the cards are randomly selected and a random string is created from the sequence of selected cards. The participants of the intervention and control group enter the research based on this sequence.

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 of Kermanshah University of Medical Sciences

Street address

Kermanshah, Shahid Beheshti Blvd., Building No. 2, University of Medical Sciences

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Approval date

2020-11-10, 1399/08/20

Ethics committee reference number

IR.KUMS.REC.1399.809

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

depression

ICD-10 code

F33.1

ICD-10 code description

Major depressive disorder, recurrent, moderate

2

Description of health condition studied

anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes

1

Description

bepression score in Beck Inventory

Timepoint

Pre-test, post-test and follow-up

Method of measurement

Beck Depression Inventory

2

Description

anxiety score in Beck Inventory

Timepoint

Pre-test, post-test and follow-up

Method of measurement

Beck Anxiety Inventory

3

Description

score emotion regulation strategies

Timepoint

pre-test, post-test, follow-up

Method of measurement

emotion regulation Gross and John questionnaire

4

Description

self-compassion score

Timepoint

pre-test, post-test and follow-up

Method of measurement

self-compassion questionnaire

5

Description

score of parents' beliefs about the neonatal intensive care unit

Timepoint

pre-test, post-test and follow-up

Method of measurement

Questionnaire of parents' beliefs about neonatal intensive care unit

6

Description

score of adaptation to mother role (For mothers)

Timepoint

pre-test, post-test and follow-up

Method of measurement

questionnaire of adaptation to the mother role

7

Description

score work and social adjustment

Timepoint

pre-test, post-test and follow-up

Method of measurement

work and social adjustment questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The structure of meta-diagnostic treatment sessions will be based on Barlow (2011) model, which includes 8 sessions of 90 minutes and will be performed weekly. The structure and techniques of each session will be as follows: Session 1: Psychological training and motivation to treat emotional problems, Session 2: Emotional awareness training, Sessions 3 and 4: Correction of cognitive assessments, Sessions 5 and 6: Emotionally influenced behaviors and Emotional Avoidance, Sessions 7 and 8: Situational and Endogenous Exposure.

Category

Behavior

2

Description

Control group: Participants in this group will receive a training booklet and relaxation technique CDs on a scheduled basis. At first, practical training will be provided to them by a trained specialist. They will then be given a booklet and CD of relaxation training. This treatment is performed by the participants themselves at home. The time required to perform this training does not take more than 5-7 minutes at a time.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Zeinabiyeh Hospital of Shiraz

Full name of responsible person

Dr. Reza Bahrami

Street address

Shiraz-Holy Defense Intersection-Hazrat Zeinab Therapeutic Training Center

City
Shiraz
Province
Fars
Postal code
7153813311
Phone
+98 71 3726 6811
Fax
+98 71 3726 5252
Email
sajjadreisi1373@gmail.com

2

Recruitment center

Name of recruitment center
Namazi Hospital
Full name of responsible person
Dr. Reza Bahrami
Street address
Shiraz, Zand St., Namazi Square, Namazi Educational and Medical Center
City
Shiraz
Province
Fars
Postal code
7193613311
Phone
+98 71 3647 4332
Fax
+98 71 3647 4326
Email
sajjadreisi1373@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Farid Najafi
Street address
Kermanshah, Shahid Beheshti Blvd., Building No. 2, University of Medical Sciences
City
Kermanshah
Province
Kermanshah
Postal code
4562388887
Phone
+98 83 3383 4180
Email
fnajafi@kums.ac.ir

Grant name

Grant code / Reference number

دانشگاه علوم پزشکی کرمانشاه

Is the source of funding the same sponsor

organization/entity?
Yes
Title of funding source
Kermanshah University of Medical Sciences
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
Kermanshah University of Medical Sciences
Full name of responsible person
Dr. AA. parvizifard
Position
Assistant Professor of Clinical Psychology
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Department of Clinical Psychology, School of Medicine, Razi Blvd., Kermanshah
City
Kermanshah
Province
Kermanshah
Postal code
6715847141
Phone
+98 83 3835 8239
Email
Parvizia@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Dr. A.A parvizifard
Position
Assistant Professor of Clinical Psychology
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Department of Clinical Psychology, School of Medicine, Zakaria Azi Blvd., Kermanshah
City
Kermanshah

Province
Kermanshah
Postal code
6715847141
Phone
+98 83 3835 8239
Email
Parvizia@yahoo.com

Province
Kermanshah
Postal code
6715847141
Phone
+98 83 3835 8239
Email
Parvizia@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Dr. AA parvizifard
Position
Assistant Professor of Clinical Psychology
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Department of Clinical Psychology, School of
Medicine, Zakaria Razi Blvd., Kermanshah
City
Kermanshah

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Participants are not yet known.

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