

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Comparison of the effectiveness of treatment based on psychological factors, child cognitive-behavioral therapy and treatment based on social information processing (MC) on reducing the symptoms of Child with Disruptive Mood Dysregulation Disorder (DMDD) in children 9 to 12 years

Protocol summary

Study aim

The aim of this study was to evaluate the effectiveness of patients with psychology, cognitive-behavioral therapy and treatment with social information processing (making choices) in reducing the symptoms of Disruptive Mood Dysregulation Disorder(DMDD)in children aged 9 to 12 years in Bushehr.

Design

The clinical trial had a control group with parallel groups and individuals were assigned to each group using simple random sampling with replacement. The initial sample size was 15 participants in each group and a sealed envelope was used for randomization.

Settings and conduct

Participants in this study were children diagnosed with disruptive mood dysregulation disorder after a clinical interview. Each treatment group was intervened by a clinical child and adolescent psychologist. Intervention was conducted in Mehr Clinic, Payame Noor University of Boushehr Branch, Boushehr, Iran.

Participants/Inclusion and exclusion criteria

Boy children between the ages of 9 and 12 with Disruptive Mood Dysregulation Disorder(DMDD)

Intervention groups

Control group Behavioral cognitive intervention group
Intervention group making choices Intervention group based on psychological factors (emotional cognitive intervention package)

Main outcome variables

At the end of treatment, parents will be informed about positive parenting Symptoms of Disruptive Mood Dysregulation Disorder(DMDD)(anger, irritability, and aggression) will be reduced.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201007048960N1**

Registration date: **2020-12-30, 1399/10/10**

Registration timing: **retrospective**

Last update: **2020-12-30, 1399/10/10**

Update count: **0**

Registration date

2020-12-30, 1399/10/10

Registrant information

Name

khatoon pourmaveddat

Name of organization / entity

Payam Noor university

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-22, 1397/03/01

Expected recruitment end date

2018-09-23, 1397/07/01

Actual recruitment start date

2018-05-22, 1397/03/01

Actual recruitment end date

2018-10-07, 1397/07/15

Trial completion date

2019-06-22, 1398/04/01

Scientific title

Comparison of the effectiveness of treatment based on psychological factors, child cognitive-behavioral therapy and treatment based on social information processing (MC) on reducing the symptoms of Child with Disruptive Mood Dysregulation Disorder (DMDD) in children 9 to 12 years

Public title

Evaluation of the effect of interventions based on psychological factors, cognitive-behavioral intervention and MC intervention on Child with Disruptive Mood Dysregulation Disorder (DMDD)

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Child with Disruptive Mood Dysregulation Disorder (DMDD) Age between 9 to 12 y/o The consent of the child's parents in the plan

Exclusion criteria:

Reluctance of the parent or child to cooperate

Age

From **9 years** old to **12 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

After compiling a list of children with Disruptive Mood Dysregulation Disorder(DMDD) through random replacement with a sealed envelope (each prepared and had a numeric code), the researcher placed them in three intervention groups and one control group.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

In this study, first, in a pilot study, the prevalence of Disruptive Mood Dysregulation Disorder(DMDD) was investigated and the intervention nodules were identified.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Isfahan University

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Hezar Jerib St., Isfahan University

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Province

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Postal code

8174673441

Approval date

2020-11-18, 1399/08/28

Ethics committee reference number

IR.UI.REC.1399.063

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

Disruptive Mood Dysregulation Disorder(DMDD)

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Decreased mean scores in Nelson Anger Questionnaire, Child Behavior Checklist (subscale aggression) and irritability questionnaire

Timepoint

Measurement of anger, irritability and aggression at the beginning of the intervention, the end of the intervention and two months after the intervention

Method of measurement

Nelson Anger Questionnaire, Stringaris Irritability and Child Behavior Checklist (Aggression subscale)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Cognitive-behavioral therapy of anger and aggression: Cognitive-behavioral therapy for anger and aggression was developed using cognitive behavioral therapy techniques, cognitive-behavioral therapy for anger and aggression in children (Sukhodolsky and Scahill) and parent management training (also known as behavioral parent training). In this intervention, 9 therapy sessions are developed for

children to know emotions, thoughts and behavior and the relationship between them. In subsequent sessions, children learn about cognitive errors and the ways to replace mental errors. In addition, children learn how to solve social problems, regulate emotions and control anger. In the behavioral parent training, parents learn about child behavior management methods in 4 sessions.

Category

Behavior

2

Description

Intervention group: Treatment based on psychological factors associated with disordered mood disorder (treatment program developed based on coaching parents' emotional intelligence and child-related psychological factors). This protocol is developed in 11 sessions based on factors identified during a qualitative interview on children's problems in social situations. In this protocol, children are introduced to the methods of emotion regulation, self-control, empathy, communication skills, courage, responsibility and being open to criticism. They also learn to solve social - cognitive problems based on social information processing model in a concise and short-term manner. Five intervention sessions based on coaching parents for emotional intelligence are held for parents according to Guttman's proposal.

Category

Behavior

3

Description

Intervention group: Social information processing therapy based on Fraser's suggestion(MC): In this protocol developed by Fraser and Et al to reduce anger and aggression in children based on Dodge's social information processing model, first, they are introduced to emotion management and in the subsequent sessions, they learn the correct way of adapting to social situations. They learn how to properly encode information, interpret and document clues and social information, set goals for problem solving, generate appropriate responses, evaluate responses and do a behavior. This protocol is developed in 14 sessions based on Making Choices book.

Category

Behavior

4

Description

Control group: Failure to receive intervention during the research

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Bushehr primary schools

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Isfahan

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?

Yes

Title of funding source

University of Isfahan

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

Bushehr Payame Noor University

Full name of responsible person

Khatoon Pourmaveddat

Position

Faculty

Latest degree

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Other areas of specialty/work

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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

Consult with other research colleagues

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

publishing article

When the data will become available and for how long

After publishing the article

To whom data/document is available

All individuals and researchers

Under which criteria data/document could be used

After publishing the article

From where data/document is obtainable

researchers

What processes are involved for a request to access data/document

by Email

Comments

no