

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jun 2026

### Comparing The Effectiveness of Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy with The Effectiveness of Combined Program of Parent Management Training and Mindful Parenting Training On Parental stress, Parent-Child relationship and Child's Externalizing Problems

#### Protocol summary

##### Study aim

The two therapies based on acceptance and commitment, and mindfulness are part of the third wave of behavioral therapy that has recently entered the field of parenting. In addition, there are similarities between the two approaches, we want to know which approaches in combination with Parent Management Training are clinically more effective.

##### Design

A clinical trial with a control group. With parallel groups. One-way blind. Randomized. On 45 mothers. The lottery is used for randomization.

##### Settings and conduct

The study will be done at Nikan school. The school is invited to participate in a parenting education research project and volunteer mothers are asked to register. Mothers' names are written on paper and randomly placed in each of the three groups. All three groups will come to school. Two experimental groups and one control group. The two experimental groups are taught and the control group receives only general information about the child and online teaching. Here, people are not aware that they are an experimental group or control. All groups will be pre-tested and post-tested.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: having a child whose age ranges from 4 to 9 years old as well as the presence of externalized behavioral problems in the child. Exclusion criteria: the existence of psychiatric diseases in the mother or child, receiving psychological services at the same time as the research

##### Intervention groups

One group receives a Combined Program of Parent Management Training and Parenting Training based

Acceptance and Commitment Therapy And another group receives a Combined Program of Parent Management Training and Mindful Parenting Training. The control group is given only general information about the child and online school teaching.

##### Main outcome variables

Parental stress; Parent-Child relationship; Child's Externalizing Problems

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20211006052688N1**

Registration date: **2021-12-06, 1400/09/15**

Registration timing: **retrospective**

Last update: **2023-02-13, 1401/11/24**

Update count: **1**

##### Registration date

2021-12-06, 1400/09/15

##### Registrant information

##### Name

Farzaneh کوثری

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

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##### Email address

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##### Recruitment status

**Recruitment complete**

## Funding source

### Expected recruitment start date

2021-12-04, 1400/09/13

### Expected recruitment end date

2021-12-04, 1400/09/13

### Actual recruitment start date

empty

### Actual recruitment end date

empty

### Trial completion date

empty

## Scientific title

Comparing The Effectiveness of Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy with The Effectiveness of Combined Program of Parent Management Training and Mindful Parenting Training On Parental stress, Parent-Child relationship and Child's Externalizing Problems

## Public title

Comparing Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy with Combined Program of Parent Management Training and Mindful Parenting Training On Parents and Child

## Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Having a child in the age of 4 to 9 years Existence of externalized behavioral problems in the child based on the Eyberg Child Behavior Inventory (ECBI) Living with a spouse The mother tends to attend parenting sessions Having a diploma for the mother at least

### Exclusion criteria:

Existence of psychiatric illnesses and use of psychiatric drugs in the mother or child based on the researcher's psychological interview Existence of chronic medical disease in mother or child Absenteeism of mothers in training sessions Being in a state of divorce Expressing unwillingness to participate in further research Receiving psychological services at the same time as research

## Age

No age limit

## Gender

Female

## Phase

N/A

## Groups that have been masked

- Participant

## Sample size

Target sample size: 45

## Randomization (investigator's opinion)

Randomized

## Randomization description

Simple random lottery type Three dishes are placed. An intervention container 1(ACT). An intervention container 2 (Mindfulness). A container of the control group. The

names of all participants are placed in the bag and one person is selected with their eyes closed and placed in intervention container 1. The name of the second person is selected again with closed eyes and placed in the 2nd intervention container. The third name is for the control group. This is done until the name of the last participant.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

All three groups to be trained do not know whether they are experimental or control. In the control group, only mothers gather at school and talk about general topics, but do not receive specialized training.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Semnan University of Medical Sciences

##### Street address

Headquarter of Semnan University of Medical Sciences and Health Services, Bassij Blvd, Semnan, Iran

##### City

Semnan

##### Province

Semnan

##### Postal code

35147-99442

#### Approval date

2021-10-25, 1400/08/03

#### Ethics committee reference number

IR.SEMUMS.REC.1400.191

## Health conditions studied

### 1

#### Description of health condition studied

Parental stress

#### ICD-10 code

#### ICD-10 code description

### 2

#### Description of health condition studied

Parent-Child relationship

#### ICD-10 code

#### ICD-10 code description

### 3

#### **Description of health condition studied**

Child's Externalizing Problems

#### **ICD-10 code**

#### **ICD-10 code description**

### 4

#### **Description of health condition studied**

Combined Program of Parent Management Training and Parenting Training based Acceptance and Commitment Therapy

#### **ICD-10 code**

#### **ICD-10 code description**

### 5

#### **Description of health condition studied**

Combined Program of Parent Management Training and Mindful Parenting Training

#### **ICD-10 code**

#### **ICD-10 code description**

## **Primary outcomes**

### 1

#### **Description**

Parental Stress in Abidin Parenting Stress Index (PSI)

#### **Timepoint**

Beginning and end of the study

#### **Method of measurement**

Abidin Parenting Stress Index (PSI)

### 2

#### **Description**

Parent-Child Relationship in Pianta Parent-Child Relationship Scale (PCRS)

#### **Timepoint**

Beginning and end of the study

#### **Method of measurement**

Pianta Parent-Child Relationship Scale (PCRS)

### 3

#### **Description**

The child's externalized problems in Eyberg Child Behavior Inventory (ECBI)

#### **Timepoint**

Beginning and end of the study

#### **Method of measurement**

Eyberg Child Behavior Inventory (ECBI)

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Intervention group 1: The 8-session parent management Training program based on Sanders model (2000) will be combined with the 8-session parenting program based on acceptance and commitment based on the book *The Joy of Parenting* by Coyne & Murrell (2009). In the first to eighth sessions, parenting is taught based on acceptance and commitment, and in the ninth to sixteenth sessions, parent management training is taught. A 2-hour session is taught each week. Description of meetings; The first session of conceptualizing parenting based on acceptance and commitment and explaining the types of families from the perspective of acceptance and commitment method. The second session explains the products of the mind and the result of following the mind. Session 3 Cognitive flexibility using the metaphor of the guest and the small house. The fourth session uses the metaphor of the island and challenges the mother to her own upbringing. The fifth session teaches the precedent, behavior and consequences and how to create a vicious cycle in the relationship. Computer metaphor for teaching communication with the mind. Sixth training session to be kind to yourself to create empathy with the mother. Expressing values and living based on values. Funeral metaphor. The seventh session of teaching short-term, medium-term, and long-term goals about values. The eighth session teaches careful communication with the child. Session 9: Familiarity with children's externalized problems and causes of child abuse, teaching positive interaction and presenting its logic. Session 10 Presenting the logic of physical love and how to communicate verbally and empathically with the child. Session 11 How to praise and pay positive attention and how to instruct children. Session 12 Explain the logical consequence of the behavior and the need to use it. Session 13 Behavior chart training for daily and repetitive behaviors. Session 14 How to deal with behavioral problems and ignore training. Sixteenth session of deprivation education and its principles. The sixteenth session teaches how to deal with the child in situations outside the home. Conclusion

#### **Category**

Other

### 2

#### **Description**

Intervention group 2: The 8-session program of parent management training based on Sanders model (2000) will be combined with the 8-session program of mindful parenting based on the model of Bögels & Restifo (2014). In the first to eighth sessions, mindful parenting is taught, and in the ninth to sixteenth sessions, parental management training is taught. A 2-hour session is taught each week. Description of meetings; The first session explains the term logical-non-reactive parenting, mindfulness training and meditation. The second session sees the child with a beginner's mind and training to examine the body. Session 3 Practice Delaying Judgment, Recognizing Signs of Stress During Parenting, Awareness of Body and Mind. Session 4 Explain the

effect of thoughts on increasing stress, responding instead of reacting to the child. Session 5 Explains dysfunctional intergenerational patterns, teaching parental compassion and kindness to oneself. The sixth session of teaching relationship reconstruction, seeing the child's point of view, and making love. Session 7 Setting rules and regulations in a conscious way Session 8 Starting a conscious mind journey in parenting. The program of the ninth to sixteenth sessions is similar to the first intervention group.

**Category**

Other

**3****Description**

Control group: General description of the child without parenting education

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Nikan Primary School

**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**

Semnan 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**

Semnan University of Medical Sciences

**Full name of responsible person**

Farzaneh Kosari

**Position**

Phd student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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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**

Due to the confidentiality of individuals' identities and information

**Study Protocol**

Yes - There is 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**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

General demographic characteristics, Descriptive findings related to groups, Statistical Inferential findings related to hypotheses, Results of the main consequences, the text of conscious consent.

**When the data will become available and for how long**

After publishing the article. November 2022

**To whom data/document is available**

All those who are interested in the results of the study.

**Under which criteria data/document could be used**

For reading and in case of citing the article

**From where data/document is obtainable**

Responsible author and supervisor

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

State her/his reasons and undertake not to use this data without citation

**Comments**

## Person responsible for updating data

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**Full name of responsible person**

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