

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### A Pilot Randomized Controlled Trial of an Online Hardiness Based Parenting Training Program for Parents of Children aged 10 to 12

#### Protocol summary

based parenting behaviors, Children's hardiness attitudes

#### Study aim

The aim of this study is investigating the feasibility, acceptability of the hardiness based parenting training program and evaluating the initial impact of the program on hardiness parenting behaviors, children's hardiness attitudes, parent-child relationship and children's perceived stress.

#### Design

A randomized controlled pilot trial with experimental and controlled group including 56 subjects is used to evaluate the feasibility and acceptability of the training program and to evaluate the initial impact of the program. Stratified random sampling will be done with online randomization software (Sealedenvelopes).

#### Settings and conduct

Advertising for sampling in Sanandaj and Marivan cities will be done through social networks such as Shad and Telegram. All eligible applicants is randomly allocated to the intervention or control group. The intervention group will receive the eight online training program while the control group will not receive any intervention during this period. Sessions will be held weekly and online in Adobe Connect platform. The online link will be sent to participants before each session. All eligible parents and their target children will complete all assessment questionnaires in three stages: pre-intervention, post-intervention and 6 weeks after the intervention.

#### Participants/Inclusion and exclusion criteria

Having at least one child between 10 to 12 years of age  
Ability to read and write at least at elementary level  
access to computer or smart phone and internet  
Low level of hardiness in children

#### Intervention groups

The intervention group will receive the hardiness based parenting training program that includes 8 two-hour sessions. Meetings will be held online. The control group (waiting list) will not receive any intervention.

#### Main outcome variables

Perceived stress, Parent-child relationship, Hardiness

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20211122053147N1**

Registration date: **2021-12-23, 1400/10/02**

Registration timing: **prospective**

Last update: **2021-12-23, 1400/10/02**

Update count: **0**

##### Registration date

2021-12-23, 1400/10/02

##### Registrant information

##### Name

Fariba Soheili

##### Name of organization / entity

Alzahra University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8569 2312

##### Email address

f.soheili@alzahra.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-12-25, 1400/10/04

##### Expected recruitment end date

2022-01-20, 1400/10/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty  
**Trial completion date**  
empty

**Scientific title**  
A Pilot Randomized Controlled Trial of an Online  
Hardiness Based Parenting Training Program for Parents  
of Children aged 10 to 12

**Public title**  
Exploring the Effectiveness of Hardiness Based Parenting  
Training Program

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Having at least one child between 10 to 12 years of age  
Ability to read and write at least at elementary level  
access to computer or smart phone and internet Low  
level of hardiness in children

**Exclusion criteria:**  
Having a history of mental disorders of parent or their  
children during the past year Taking part in another  
parenting program

**Age**  
From **10 years** old to **12 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **56**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Participants who are eligible to enter the study are  
randomly divided into experimental or control groups by  
stratified random sampling (based on parent gender) as  
parent-child pairs. Sealed Envelope as an online  
randomization software  
(<https://www.sealedenvelope.com>) will be used to  
generate random sequences. By using this software and  
by entering information such as the number of groups,  
block sizes and Stratification factors, we achieve a  
random sequence and then Sealed envelopes are used to  
allocate subjects based on gender into experimental and  
control groups.

**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

Research Ethics Committe of Alzahra University

##### Street address

North Sheikh Bahae St., Deh-e Vanak, Alzahra  
University, Faculty of Educational Sciences and  
Psychology, Department of Counseling

##### City

Tehran

##### Province

Tehran

##### Postal code

1993893973

##### Approval date

2021-07-07, 1400/04/16

##### Ethics committee reference number

IR.ALZAHRA.REC.1400.013

## Health conditions studied

### 1

#### Description of health condition studied

Hardiness based parenting

##### ICD-10 code

##### ICD-10 code description

## Primary outcomes

### 1

#### Description

Perceived Stress

#### Timepoint

pre-intervention, post-intervention and 6 weeks after the  
intervention

#### Method of measurement

The Perceived Stress Scale for Children

### 2

#### Description

Parent-child relationship

#### Timepoint

pre-intervention, post-intervention and 6 weeks after the  
intervention

#### Method of measurement

Parent-child relationship subscale of Parenting and family  
adjustment scale

### 3

#### Description

Hardiness based parenting behaviors

#### Timepoint

pre-intervention, post-intervention and 6 weeks after the  
intervention

#### Method of measurement

#### **4**

##### **Description**

children's hardiness attitudes

##### **Timepoint**

pre-intervention, post-intervention and 6 weeks after the intervention

##### **Method of measurement**

Children's hardiness scale

### **Secondary outcomes**

#### **1**

##### **Description**

Feasibility

##### **Timepoint**

pre-intervention and Through study completion up to 6 weeks after completion of intervention

##### **Method of measurement**

The number of participants referred, approached, and enrolled in the study, The number of intervention sessions completed by participants and Time to loss of follow-up and perceived reason for discontinuation

#### **2**

##### **Description**

Acceptability

##### **Timepoint**

Post-intervention

##### **Method of measurement**

Open-ended feedback of intervention sessions

### **Intervention groups**

#### **1**

##### **Description**

Intervention group: The hardiness based parenting training program has been developed by the researchers of the present study and covers eight online sessions. It aims to introduce parenting strategies and behaviors which can encourage hardiness attitudes in children. Each session contains a set of objectives, activities and home practices. Three Parenting behavioral strategies including responsive interaction, empowering participation and learning- orientes support cover the main focus of the modules.

##### **Category**

Behavior

#### **2**

##### **Description**

Control group: Control Group (Waiting List) in this research are selected based on inclusion criteria. They will not receive any intervention during the research. Simultaneously with the evaluations of the pre-test, post-test and follow-up stages in the intervention groups, the

waiting list are also evaluated.

##### **Category**

Behavior

### **Recruitment centers**

#### **1**

##### **Recruitment center**

###### **Name of recruitment center**

Parto Bamdad Psychology and Counseling Center

###### **Full name of responsible person**

Fariba Soheili

###### **Street address**

Unit 5, Floor 3, Zhivar Doctors Building 2, Shahid Tarif ST

###### **City**

Sanadaj

###### **Province**

Kurdistan

###### **Postal code**

6617924561

###### **Phone**

+98 87 3328 5203

###### **Email**

fariba.soheili20@gmail.com

#### **2**

##### **Recruitment center**

###### **Name of recruitment center**

Social Media

###### **Full name of responsible person**

Fariba Soheili

###### **Street address**

Unit 5, Floor 3, Zhivar Doctors Building 2, Shahid Tarif ST

###### **City**

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###### **Province**

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### **Sponsors / Funding sources**

#### **1**

##### **Sponsor**

###### **Name of organization / entity**

Alzahra University

###### **Full name of responsible person**

Simin Hosseinian

###### **Street address**

North Sheikh Bahae St., Deh-e Vanak, Alzahra University, Faculty of Educational Sciences and Psychology, Department of Counseling

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hosseins1381@yahoo.com  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Alzahra University  
**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**  
Alzahra University  
**Full name of responsible person**  
Fariba Soheili  
**Position**  
PhD graduate in Counseling  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Counseling  
**Street address**  
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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

**Clinical Study Report**  
Yes - There is a plan to make this available

**Analytic Code**  
Yes - There is a plan to make this available

**Data Dictionary**  
Not applicable

**Title and more details about the data/document**  
The data will be presented in the statistical analysis section of the article.

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

Simultaneously with the publication of research results

**To whom data/document is available**  
All individuals who are interested in reading the report of the results of this research.

**Under which criteria data/document could be used**  
Researchers who want to use data for research goals.

**From where data/document is obtainable**  
Fariba Soheili Alzahra University, Faculty of Educational Sciences and Psychology, Department of Counseling  
gmail: fariba.soheili20@gmail.com

**What processes are involved for a request to access data/document**  
- The applicant is required to send an email explaining the purpose of their research. - We review the application in the our study group and will send a response (maximum one week from the time of receiving the email)

**Comments**