

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 Committee 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

Sanandaj

Province

Kurdistan

Postal code

6617924561

Phone

+98 87 3328 5203

Email

fariba.soheili20@gmail.com

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

City

Tehran
Province
Tehran
Postal code
1993893973
Phone
+98 21 8569 2312
Email
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
North Sheikh Bahae St., Deh-e Vanak, Alzahra University, Faculty of Educational Sciences and psychology, Department of Counseling, Tehran, I. R. of Iran
City
Tehran
Province
Tehran
Postal code
1993893973
Phone
+98 21 8569 2312
Fax
Email
fariba.soheili20@gmail.com

Person responsible for scientific 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
North Sheikh Bahae St., Deh-e Vanak, Alzahra University, Faculty of Educational Sciences and psychology, Department of Counseling, Tehran, I. R. of Iran
City
Tehran
Province
Tehran
Postal code
1993893973
Phone
+98 21 8569 2312
Fax
Email
fariba.soheili20@gmail.com

Person responsible for updating data

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
North Sheikh Bahae St., Deh-e Vanak, Alzahra University, Faculty of Educational Sciences and psychology, Department of Counseling, Tehran, I. R. of Iran
City
Tehran
Province
Tehran
Postal code
1993893973
Phone
+98 21 8569 2312
Fax
Email
fariba.soheili20@gmail.com

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