

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Evaluation of the effectiveness of parental behavioral management intervention based on parental emotional intelligence coaching (Guttman) on reducing parental stress and children's aggression through a virtual education system in times of COVID-19

Protocol summary

Study aim

The main purpose of this study was to investigate the effectiveness of the parents behavioral management intervention, on the level of parental stress and their children aggression.

Design

In this study the clinical trial having a control group randomly selected, was on 30 parents with parental stress and, for randomizing, sealed envelopes were used.

Settings and conduct

Treatment group was intervened by a clinical psychologist. The intervention and education of the parents were done through the virtual system (Lms) of Payame Noor University. The intervention will be a combination of parental behavioral management training sessions (Kazdin, 2005) and parental emotional intelligence coaching training sessions (Guttman, 1997). The intervention is designed as a group in 12 sessions of two hours.

Participants/Inclusion and exclusion criteria

The inclusion criterion, in the study, was 18 to 45 - year - old parents with 3 to 12 - year - old children, referring to Payame Noor University Counseling Center who were worried and stressed about their children. The exclusion criterion, in the study, was those parents who themselves or their children were taking psychiatric drugs; or, simultaneously, were under psychological treatments.

Intervention groups

In this intervention, the children behavioral management method, based on Kazdin(2005) intervention protocol, and children emotional intelligence coaching methods, based on Guttman(1997) training protocol, were taught to the parents of the intervention in 12 sessions. Before implementing the intervention, questionnaires of parental stress and cbcl were completed by the parents

in both intervention and control groups, then, one week later, and after that, one month later, the questionnaires were completed by them again.

Main outcome variables

At the end of intervention , parents will be informed about positive parenting

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201007048960N3**

Registration date: **2022-02-27, 1400/12/08**

Registration timing: **registered_while_recruiting**

Last update: **2022-02-27, 1400/12/08**

Update count: **0**

Registration date

2022-02-27, 1400/12/08

Registrant information

Name

khatoon pourmaveddat

Name of organization / entity

Payam Noor university

Country

Iran (Islamic Republic of)

Phone

+98 77 3482 3938

Email address

khmaveddat@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-20, 1400/12/01

Expected recruitment end date

2022-03-19, 1400/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effectiveness of parental behavioral management intervention based on parental emotional intelligence coaching (Guttman) on reducing parental stress and children's aggression through a virtual education system in times of COVID-19

Public title

Teaching parental behavioral management through cyberspace

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Mothers with preschool and elementary school children
Mothers with parental stress Mothers interested in participating in research Education of mothers with diplomas and more

Exclusion criteria:

Taking psychiatric medication or using psychiatric treatments in the last 6 months Having severe mental disorders other than parental stress

Age

From 18 years old to 45 years old

Gender

Female

Phase

N/A

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

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

The sample will be selected from the members of the statistical community using purposive non- random sampling method (based on parental stress rates) and then will be placed in an intervention group and a comparison group based on random allocation method (simple randomization). It is an individual randomization unit. In order to randomize, the random chain construction method will be utilized. For this purpose, the Excel software (intervention group "I" and comparison group "C") is used and people sequentially enter the list produced by the software and are assigned to either of the 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**

Ethics Committee of Payame Noor University

Street address

Payame Noor University, Ghadir street, Ashouri street

City

Bushehr

Province

Boushehr

Postal code

1688

Approval date

2021-11-20, 1400/08/29

Ethics committee reference number

IR.PNU.REC.1400.238

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

Parental stress

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Parental stress

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

Parental stress

Timepoint

Study incontinence, one week after treatment and 4 weeks after treatment

Method of measurement

Valini Berry & Jones Stress Questionnaire (1995)

2**Description**

Child aggression

Timepoint

Study incontinence, one week after treatment and 4 weeks after treatment

Method of measurement

Achenbach Behavioral Inventory of Children(CBCL)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this intervention, the children behavioral management method, based on Kazdin(2005) intervention protocol, and children emotional intelligence coaching methods, based on Guttman(1997) training protocol, were taught to the parents of the intervention in 12 sessions. Before implementing the intervention, questionnaires of parental stress and cbcl were completed by the parents in both intervention and control groups, then, one week later, and after that, one month later, the questionnaires were completed by them again

Category

Behavior

2

Description

Control group: After the intervention and measurement, treatment sessions will be held for the intervention group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Payame Noor University Counseling Center Telephone counseling

Full name of responsible person

khatoon Pourmaveddat

Street address

Payame Noor University; Ashouri street

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1656983911

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+98 77 3354 3201

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khmaveddat@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bushehr Payame Noor University

Full name of responsible person

Mehdi Namdar Zadegan

Street address

Payame Noor University; Ashouri street

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Bushehr

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1656983911

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Email

mehdi_namdar@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Bushehr Payame Noor 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

Payam Noor university

Full name of responsible person

Khatoon Pourmaveddat

Position

Faculty

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

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

Statistical Analysis Plan

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

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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