Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effectiveness of motivational psychotherapy on psychological symptoms and psychological cohesion of mothers of students with learning disabilities

Protocol summary

Study aim

Psychological symptoms and low levels of psychological cohesion are among the psychological problems among mothers with children with learning disabilities that can reduce their quality of life and affect their parent ، child relationships. Therefore, it is necessary to study the situation and try to reduce them among these mothers.

Design

The statistical population of this study will be all mothers of children with learning disabilities in Zabol in the academic year of 1400, who have files in the center of the Educational and Rehabilitation Center for students with special learning problems of Shahid Salavatian Zabol (65 people). The sample of the present study will be available to 40 people by sampling method.

Settings and conduct

The experimental group will receive 60 minutes of motivational psychotherapy training in Zabol Disorders Center during 8 sessions based on Sahebdel motivational psychotherapy package (1398).

Participants/Inclusion and exclusion criteria

The condition for entering the research will be consent to participate in the training course and also no psychological problems or concurrence of receiving medical services due to mood disorders, and the condition for leaving will be the absence of more than two sessions.

Intervention groups

The experimental group will receive 60 minutes of motivational psychotherapy training during 8 sessions based on Sahebdel motivational psychotherapy package (1398); While the control group will not receive any training. Then post-test will be taken from both groups to compare the results of the two groups.

Main outcome variables

The rate of psychological problems of mothers with children with learning disabilities, the degree of psychological cohesion of mothers with children with learning disabilities

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220125053829N1**
Registration date: **2022-06-18, 1401/03/28**
Registration timing: **registered_while_recruiting**

Last update: **2022-06-18, 1401/03/28**
Update count: **0**

Registration date

2022-06-18, 1401/03/28

Registrant information

Name

Abdulghader Shahzehpour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3222 0275

Email address

ghadershahzehpur1237@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-24, 1401/02/04

Expected recruitment end date

2022-07-12, 1401/04/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of motivational psychotherapy on psychological symptoms and psychological cohesion of mothers of students with learning disabilities

Public title

Evaluation of motivational psychotherapy on psychological symptoms and psychological cohesion of mothers of students with learning disabilities

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Parental consent

Exclusion criteria:

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Birjand University of Medical Sciences (Ethics Committee in Research)

Street address

Ghaffari St., Birjand Azad University

City

birjand

Province

South Khorasan

Postal code

9717411111

Approval date

2022-02-28, 1400/12/09

Ethics committee reference number

IR.BUMS.REC.1400.421

Health conditions studied

1

Description of health condition studied

Psychological problems in mothers with children with learning disabilities

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Percentage of mothers with children with learning disabilities who have psychological problems

Timepoint

Evaluation of psychological problems at the beginning of the study and after 8 sessions of motivational psychotherapy to mothers with children with learning disabilities

Method of measurement

Psychological Syndrome Questionnaire (Depression, Anxiety, Stress - Flensborg-medsen, Ventegodt & Merrick)

Secondary outcomes

1

Description

Depression rate of mothers with children with learning disabilities

Timepoint

At the beginning of the study and after 8 sessions of psychotherapy

Method of measurement

Psychological test questionnaire

Intervention groups

1

Description

Intervention group: The intervention group consists of 40 mothers who will be trained during 8 sessions based on Sahebdel motivational psychotherapy training package (1398).

Category

Other

2

Description

Control group: The control group is 40 mothers

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Educational and rehabilitation center for students with special learning problems of Shahid Salavati

Full name of responsible person
Abdul Qader Shah Zehpour

Street address
Zabul Taleghani Street

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zabol

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Majid Aliabadi

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Ghaffari Street, Birjand, South Khorasan Province, Iran

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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
Islamic Azad 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
Islamic Azad University

Full name of responsible person
Abdulghader Shahzehpour

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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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
No - There is not a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Information about Dass-21 Psychological Syndrome Questionnaire and Mental Cohesion Questionnaire
When the data will become available and for how long
1402
To whom data/document is available
Researchers working in universities
Under which criteria data/document could be used
For social studies
From where data/document is obtainable
abdolghadreshahzehpur1237@gmail.com
What processes are involved for a request to access data/document
Send request for documents to the given e-mail address.
Comments