Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of parenting skills training on depression, anxiety and quality of life of parents of children with autism spectrum disorders

Protocol summary

Summary

This study aimed to evaluate the effect of parenting skills training on depression, anxiety and quality of life of the parents of children with autism spectrum disorders. Inclusion criteria: children 2 to 10 years with one of the autism spectrum disorders ; absence of serious psychiatric or and physical illnesses in the parents participating in the study. This single study performed on 22 people who were parents of children with autism spectrum disorder. In the first three sessions explained autism spectrum disorders (with an emphasis on autism), the symptoms, prevalence,effective risk factors on the incidence and treatment. In the fourth and other sessions causes of children's behavioral problems (presence of the disease in children or parents) discussed. Techniques to encourage desirable behavior, ignoring negative behavior,considering the rules , the use of time-out and room -out taught. The data collected by demographic, Beck depression questionnaire, Beck anxiety questionnaire and quality of life questionnaire with 26 items (WHOQOL-26). The results of this study showed the positive role of parenting skills training on reducing of depression and anxiety in parents of children with autism spectrum disorders.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201511226168N2**
Registration date: **2016-01-26, 1394/11/06**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-01-26, 1394/11/06

Registrant information

Name
Mahin Eslami Shahrbabki
Name of organization / entity
Kerman University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 34 1211 6328
Email address
m_eslami@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Neuroscience Research Center and Institute of Neuropharmacology, Kerman University of Medical Sciences , Kerman , Iran.

Expected recruitment start date

2013-09-23, 1392/07/01

Expected recruitment end date

2013-10-23, 1392/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of parenting skills training on depression, anxiety and quality of life of parents of children with autism spectrum disorders

Public title

Parenting skills training in parents of children with autism spectrum disorders

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria include children 2 to 10 years with one

of the autism spectrum disorders ; absence of major psychiatric or and physical disorders in the parents participating in the study. Exclusion criteria include absence of any major psychiatric or and physical disorders in the parents participating in the study.

Age
From **2 years** old to **10 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

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 Neuroscience Research Center and Institute of Neuropharmacology, Kerman University

Street address
The Center for Neuroscience Research and Institute of Neuropharmacology- Opposite the Besat clinic- First of Ibn Sina St, Kerman, Iran.

City
Kerman

Postal code
7619813159

Approval date
2014-07-02, 1393/04/11

Ethics committee reference number
14-93

Health conditions studied

1

Description of health condition studied
Autism spectrum disorder

ICD-10 code
F84.0

ICD-10 code description
Childhood autism

Primary outcomes

1

Description
Depression, Anxiety and Quality of life scores

Timepoint
The first and the last session of intervention.

Method of measurement
Beck depression , Anxiety and Quality of life questionnaires

Secondary outcomes

empty

Intervention groups

1

Description
Training of the parenting skills that was 8 meeting. Each week a meeting was held for 90 minutes per session. Intervention sessions by researchers and based on the principles of Triple -p and methods of nurturing of children with autism was designed.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Beheshti Hospital in kerman city.

Full name of responsible person
Dr. Mahin Eslami Shahrbabaki

Street address
Shahid Beheshti Hospital , Jomhori Blv, Kerman, Iran

City
Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Neuroscience Research Center and Institute of Neuropharmacology, Kerman University of Medical Scien

Full name of responsible person
korosh divsalar

Street address
Neuroscience Research and Institue of Neuropharmachology, Opposite the Besat clinic, First of Ibn Sina St , Kerman, Iran

City

Kerman

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Neuroscience Research Center and Institute of Neuropharmacology, Kerman University of Medical Scien

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Neuroscience Research Center and Institue of Neuropharmachology, Kerman University of Medical Scienc

Full name of responsible person

Dr. Mahin Eslami Shahrbabaki

Position

Child and Adolescent Psychiatrist

Other areas of specialty/work

Street address

Neuroscience Research Center and Institue of Neuropharmachology , Opposite the Besat clinic- First of Ibn Sina St- Kerman- Iran.

City

kerman

Postal code

00987619813159

Phone

+98 34 3211 6328

Fax

+98 34 1211 0856

Email

mahineslami@yahoo.com ; m_eslami@kmu.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Neuroscience Research Center and Institue of Neuropharmachology, Kerman University of Medical Scienc

Full name of responsible person

Dr. Mahin Eslami Shahrbabaki

Position

Child and Adolescent Psychiatrist

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Person responsible for updating data

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Fax

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Email

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty