

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jul 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 Shahrabaki

##### 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 Neuropharmacology, 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 Sciences

**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 Institute of Neuropharmacology, Kerman University of Medical Sciences

**Full name of responsible person**

Dr. Mahin Eslami Shahrbabaki

**Position**

Child and Adolescent Psychiatrist

**Other areas of specialty/work**

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**Position**

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**Person responsible for updating data**

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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