

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effect of parenting acceptance and commitment therapy on parenting style and parental psychological flexibility and social skills and locus of control of their children.

Protocol summary

Study aim

The effect of parenting acceptance and commitment on parenting styles and parental psychological flexibility and locus of control and social skills of their children

Design

Of all the girls' elementary school of Khorramabad, a ten class school with 243 students is selected. After inviting the parents to cooperate, according to the inclusion and exclusion criteria, 40 students and their mothers are selected. Then these people are randomly assigned in two test groups (20 mothers, 20 children) and control group (20 mothers, 20 children).

Settings and conduct

The mothers of both groups fill out the parenting styles and psychological flexibility questionnaires and their children fill out locus of control and social skills questionnaires before the training sessions of the experimental group. After mothers in the training group will receive eight 1-2 hour weekly training sessions based on the Acceptance and Commitment Parenting Program protocol (Kevin & Marl, 2009). Mothers in the control group do not receive any training during this period. After eight sessions, the mentioned variables are measured in both groups.

Participants/Inclusion and exclusion criteria

inclusion criteria: for parents Being literate in reading and writing and for children Being 8 to 11 years old; not-inclusion criteria: Presence of psychiatric disorder in parent or child, Lack of informed consent to participate in the study

Intervention groups

parenting acceptance and commitment therapy and control. In parenting acceptance and commitment therapy are trained the concepts such as parenting styles, parenting values, emotion management and behavior management, mindfulness in parenting, mindful reinforcement and working on relationships with

children. In control group no intervention is done.

Main outcome variables

parenting styles, psychological flexibility, locus of control, social skills

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180909040974N6**

Registration date: **2023-05-20, 1402/02/30**

Registration timing: **retrospective**

Last update: **2023-05-20, 1402/02/30**

Update count: **0**

Registration date

2023-05-20, 1402/02/30

Registrant information

Name

Fatemeh Zargar

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-01-21, 1401/11/01

Expected recruitment end date

2023-02-19, 1401/11/30

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of parenting acceptance and commitment therapy on parenting style and parental psychological flexibility and social skills and locus of control of their children.

Public title
The effect of parenting acceptance and commitment therapy on parenting style

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
for parents Being literate in reading and writing for children Being 8 to 11 years old
Exclusion criteria:
Presence of psychiatric disorder in parent or child Lack of informed consent to participate in the study

Age
From **8 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**
More than 1 sample in each individual
Number of samples in each individual: **2**
Each sample includes a mother-child pair.

Randomization (investigator's opinion)
Randomized

Randomization description
In the first stage, in order to create a random sequence generation, due to the equality of the two experimental and control groups, the restricted randomization method will be chosen. In this method, using permuted block randomization method, equal blocks of 8 (including 4 participants or mothers in the experimental group and 4 participants or mothers in the control group) will be considered). In the second stage, in order to hide the allocation concealment, the method of using Sequentially, numbered, sealed, opaque envelopes (SNOSE) will be used in a random sequence. Based on the size of the study sample (40 people), 5 envelopes are prepared and each of the created random blocks is recorded on a card and the cards are placed in the envelopes in order. The lid of the letter envelopes is glued and placed inside a bigger box or envelope respectively. At the time of starting the registration of the participants, according to the order of entry of the participants conditions for the study, one of the letter envelopes was opened and the assigned group of that participant is revealed. It should be noted that the implementation of the random assignment process

includes- the person who created the random sequence, the person who examined the participants in terms of the criteria for entering and exiting the study and enrolled them in the study, and the person who assigned the participants to groups- is a person except for the authors of the article and the executor of the treatment method in the experimental group.

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 Isfahan University of Medical Sciences

Street address

Hezar Jarib Ave., Esfahan University of Medical Sciences, Esfahan Twon

City

Esfahan

Province

Isfahan

Postal code

73461-81746

Approval date

2022-11-15, 1401/08/24

Ethics committee reference number

IR.ARI.MUI.REC.1401.323

Health conditions studied

1

Description of health condition studied

parenting style

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

parenting style

Timepoint

Before the start of acceptance and commitment parenting training and 8 weeks after the intervention

Method of measurement

Baumrind parenting styles questionnaire

2

Description

parental psychological flexibility

Timepoint

Before the start of acceptance and commitment
parenting training and 8 weeks after the intervention

Method of measurement

parental psychological flexibility questionnaire

3

Description

social skills

Timepoint

Before the start of acceptance and commitment
parenting training and 8 weeks after the intervention

Method of measurement

Evaluation of Social Skills with Youngsters

4

Description

locus of control

Timepoint

Before the start of acceptance and commitment
parenting training and 8 weeks after the intervention

Method of measurement

locus of control questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Control group: They do not receive any intervention and after the completion of the experimental group meetings, similar meetings will be held for them, and they will participate if they want.

Category

Lifestyle

2

Description

Intervention group: Eight 1 to 2 hours weekly sessions of parenting acceptance and commitment therapy based on protocol of Kevin and Marle, 2009 that it is trained the concepts such as parenting styles, parenting values, emotion management and behavior management, mindfulness in parenting, mindful reinforcement and working on relationships with children.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Organization of Education of Khoram Abad City

Full name of responsible person

Sahar Ahmadi

Street address

Resalat Ave., Khoram Abad Town

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Gholamreza Asgari

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Grant name

Vice President of Research and Technology of Isfahan
University of Medical Sciences

Grant code / Reference number

2401264

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

Yes

Title of funding source

Esfahan University of Medical Sciences

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

Esfahan University of Medical Sciences

Full name of responsible person

Fatemeh Zargar

Position

associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Other areas of specialty/work

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Phone

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

No - There is not 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

Undecided - It is not yet known if there will be 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

Not applicable

Data Dictionary

Not applicable