

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

The Effectiveness of Acceptance and Commitment Therapy and Positive Parenting in Improving Psychological Symptoms in children and parents

Protocol summary

Study aim

The aim of this study is to examine the efficacy of Acceptance and Commitment Therapy and Positive Parenting in improving psychological symptoms in children and parents

Design

clinical trial with 2 treatment groups and a control group, with parallel, Randomized using a simple randomization technique via lottery, on 48 patients

Settings and conduct

The research site is located in a group workshop held in Tehran. After initial evaluation and random assignment to intervention and control groups, interventions will be performed in weekly sessions in each group.

Participants/Inclusion and exclusion criteria

children between 5 to 7 years old; Parents between 18 to 50 years old; score of at least 25 in Child Anxiety and Depression Scale; at least a diploma degree in parents

Intervention groups

Group acceptance and commitment based therapy that is performed in 8 sessions. Positive parenting group that is performed in 8 sessions.

Main outcome variables

social skills; Mood problems (including depression and anxiety); Behavioral problems (aggression); Emotional problems (emotion regulation)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230131057286N1**
Registration date: **2023-02-10, 1401/11/21**
Registration timing: **prospective**

Last update: **2023-02-10, 1401/11/21**

Update count: **0**

Registration date

2023-02-10, 1401/11/21

Registrant information

Name

Shahab Moradi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2293 5548

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shahabmoradie66@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-02-12, 1401/11/23

Expected recruitment end date

2023-02-25, 1401/12/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Acceptance and Commitment Therapy and Positive Parenting in Improving Psychological Symptoms in children and parents

Public title

The Effectiveness of Acceptance and Commitment Therapy and Positive Parenting in Improving Psychological Symptoms in children and parents

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

children between 5 to 7 years old Parents between 18 to 50 years old score of at least 25 in Child Anxiety and Depression Scale at least a diploma degree in parents

Exclusion criteria:
Existence of attention deficit hyperactivity disorder in the child participate in a psychological intervention at the same time receiving psychological treatment in the last 6 months Having a history of severe mental disorders (psychosis, delirium, cognitive disorders) or recent drug abuse in the mother

Age
From **5 years** old to **7 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **48**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, people are divided into two intervention groups and one control group by simple randomization and lottery. In this method, each person is given a unique number and written down in a sheet, and his name is hidden, and randomly selected by someone outside the research, they are placed in the first intervention group, the second intervention group, and the control groups.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Azad University, Semnan

Street address
University Campus

City
Semnan

Province
Semnan

Postal code
۳۵۱۳۱۳۷۱۱۱

Approval date
2022-09-28, 1401/07/06

Ethics committee reference number

IR.IAU.SEMNAN.REC.1400.024

Health conditions studied

1

Description of health condition studied

depression

ICD-10 code

F32

ICD-10 code description

depression

2

Description of health condition studied

Emotional and behavioral problems in children

ICD-10 code

F98.9

ICD-10 code description

Unspecifie

3

Description of health condition studied

children social skills

ICD-10 code

F94.9

ICD-10 code description

Childhood disorder of social functioning, unspecified

4

Description of health condition studied

اضطراب

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

5

Description of health condition studied

emotion regulation

ICD-10 code

ICD-10 code description

6

Description of health condition studied

self-worth

ICD-10 code

ICD-10 code description

7

Description of health condition studied

Self-acceptance

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

depression

Timepoint

At the beginning of the study and after the intervention phase (2 months later)

Method of measurement

Child Anxiety and Depression Scale

2

Description

anxiety

Timepoint

At the beginning of the study and after the intervention phase (2 months later)

Method of measurement

Child Anxiety and Depression Scale

3

Description

emotion regulation

Timepoint

At the beginning of the study and after the intervention phase (2 months later)

Method of measurement

Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA)

4

Description

aggression

Timepoint

At the beginning of the study and after the intervention phase (2 months later)

Method of measurement

مقیاس پرخاشگری کودکان پیش دبستانی

5

Description

social skills

Timepoint

At the beginning of the study and after the intervention phase (2 months later)

Method of measurement

Children's social skills grading system

6

Description

self-acceptance

Timepoint

At the beginning of the study and after the intervention phase (2 months later)

Method of measurement

self-acceptance questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Acceptance and commitment therapy

Category

Treatment - Other

2

Description

Intervention group: positive parenting

Category

Treatment - Other

3

Description

Control group:

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kindergartens in Districts 1 to 4 of Tehran

Full name of responsible person

Elaheh Ghorbanikhah

Street address

pasdaran

City

Tehran

Province

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Postal code

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

shahab moradi

Street address

university street

City

semnan

Province
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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
Private

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
Elaheh ghorbanikhah

Position
Psychologist

Latest degree
Ph.D.

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
Not applicable

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document

After the articles are published, the participants' data will be published in SPSS software after the participants are not identified (using the code).

When the data will become available and for how long

It is possible to access the data after the publication of all relevant articles.

To whom data/document is available

The data will be available only to researchers working in academic and scientific institutions

Under which criteria data/document could be used

In order to analyze the data in review studies or at the request of the journals where the articles were published

From where data/document is obtainable

Request via email to project implementer

What processes are involved for a request to access data/document

Send an email to the project implementer and receive written confirmation via email.

Comments