Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 the 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 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
Email address
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
Tehran
Postal code
۱۶۶۸۸۳۵۴۸۳
Phone
+98 912 927 3651
Email
eli.ghorbani@gmail.com

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
Semnan
Postal code
۳۵۱۳۱۳۷۱۱۱
Phone
+98 912 927 3651
Email
eli.ghorbani@gmail.com

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
Street address
university street
City
semnan
Province
Semnan
Postal code
۳۵۱۳۱۳۷۱۱۱
Phone
+98 912 927 3651
Email
eli.ghorbani@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Shahab Moradi
Position
Assistance professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
University Campus
City
Semnan
Province
Semnan
Postal code
۳۵۱۳۱۳۷۱۱۱
Phone
+98 21 2293 5548
Fax
Email
shahabmoradie66@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Elaheh ghorbanikhah
Position
Psychologist
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Psychology
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۳۵۱۳۱۳۷۱۱۱
Phone
+98 912 927 3651
Email
eli.ghorbani@gmail.com

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