

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effectiveness of Emotion Efficacy Therapy on Fear of Negative Evaluation, Experiential Avoidance, Parental Burnout and Psychological Hardiness among Mothers with Autistic Children

Protocol summary

Study aim

The effectiveness of Emotion Efficacy Therapy on fear of negative evaluation, experiential avoidance, parental burnout and psychological hardiness of mothers with Autistic children.

Design

The research is pre-test-post-test with a control group and a follow-up period with factorial groups and a blind. 30 people were selected through available sampling and randomly assigned to two groups of 15 people, control and experimental. Statistical analysis was done with SPSS version 23 and variance analysis of repeated measures.

Settings and conduct

The statistical population was made up of mothers with Autistic children of Dasthaye Mehrabani School (Darya) in Isfahan city in 1401. 30 people were selected by available sampling and randomly assigned to two groups of 15 people. The proposed intervention was based on Emotion Efficacy Therapy (McKay and West, 2016). The sessions based on the treatment protocol were offered to the experimental group in the form of 8 sessions. For blinding, participants did not know which group they were in.

Participants/Inclusion and exclusion criteria

Research entry criteria 1-The minimum level of education 2-Mothers of Autistic children 3-Willingness to participate in the research and complete the research questionnaires completely Exclusion criteria from the research 1-Absence of more than two sessions 2-Irregular attendance at sessions

Intervention groups

A pre-test was taken from both study groups. Only the experimental group received Emotion Efficacy Therapy (McKay & West, 2016). After that, in the post-test and follow-up phase, the questionnaires were administered in both groups.

Main outcome variables

fear of negative evaluation; experiential avoidance; parental burnout ; psychological hardiness

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230303057598N1**

Registration date: **2023-04-14, 1402/01/25**

Registration timing: **retrospective**

Last update: **2023-04-14, 1402/01/25**

Update count: **0**

Registration date

2023-04-14, 1402/01/25

Registrant information

Name

Golnaz Ahghar Bazargan

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-25, 1401/04/04

Expected recruitment end date

2022-08-02, 1401/05/11

Actual recruitment start date

2022-08-23, 1401/06/01

Actual recruitment end date

2022-09-21, 1401/06/30

Trial completion date

2022-10-25, 1401/08/03

Scientific title

The Effectiveness of Emotion Efficacy Therapy on Fear of Negative Evaluation, Experiential Avoidance, Parental Burnout and Psychological Hardiness among Mothers with Autistic Children

Public title

Effect of Emotion Efficacy Therapy on fear of negative evaluation, experiential avoidance, parental burnout and psychological hardiness among mothers with Autistic children

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

The minimum level of education Mothers of Autistic children Willingness to participate in the research and complete the research questionnaires completely
Absence of acute psychiatric disorders at the same time
Not having a child with another disorder besides ASD Not taking part in other psychotherapy sessions simultaneously

Exclusion criteria:

Having two absent sessions in the intervention process
Having previous experience in therapy based on Emotion Efficacy Therapy Having defects such as physical, sensory or cognitive that prevent participation in the study Being under psychological treatment

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

- Data analyser

Sample sizeTarget sample size: **30**Actual sample size reached: **30****Randomization (investigator's opinion)**

Randomized

Randomization description

The samples were identified by random block method and using random numbers table, Random Allocation Software. Blocking and allocation sequence for concealment was done by a person not involved in the research; Allocation Concealment. Blocking: This method was used to avoid significant imbalances in the number of volunteers assigned to each group. Block randomization ensures that there is no significant imbalance between groups at any time during randomization, and that at certain points the number of participants in each group is equalized. For this purpose, the size of each block must be determined first (for example, a block of four), then write the list of blocks and assign numbers to them, then choose random

numbers between 1 to 6 and finally determine the allocation of treatment based on the previous random numbers, in intervention group and control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

After receiving informed consent, the participants were randomly assigned to the intervention group. The volunteers may not have been aware of the main purpose of the research, but they only knew that they were participating in a study that could improve their psychological problems. In addition, the data analyst did not know the content of the intervention sessions and was only aware of the assumptions, goals and questions of the research.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Committees of Islamic Azad University-Isfahan (Khorasgan) Branch

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No. 85, Fifth Alley, South Sheikh Sadouq St

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Approval date

2022-05-30, 1401/03/09

Ethics committee reference number

IR.IAU.KHUISF.REC.1401.080

Health conditions studied**1****Description of health condition studied**

autism

ICD-10 code

F84.0

ICD-10 code description

Autistic disorder

Primary outcomes**1****Description**

Fear of negative evaluation: The structure of fear of negative evaluation includes the feeling of apprehension and concern about the evaluations of others, the anxiety caused by these negative evaluations, and the expectation that others have about a person.

Timepoint

At the beginning of the study, after the intervention and two months after the intervention

Method of measurement

Brief Fear of Negative Evaluation Scale Larry (1983)

2

Description

Experiential avoidance: Attempts to change the form, frequency, or situational sensitivity of difficult personal events such as thoughts, feelings, and physiological sensations.

Timepoint

At the beginning of the study, after the intervention and two months after the intervention

Method of measurement

Acceptance and Action Questionnaire-II Bund et al. (2011)

3

Description

Parental burnout: Parental burnout is defined as three dimensions of fatigue from the parental role, emotional distance from children, and loss of parental efficiency and performance.

Timepoint

At the beginning of the study, after the intervention and two months after the intervention

Method of measurement

Parental Burnout Assessment Roskam et al. (2017)

4

Description

Psychological hardiness: Hardiness is a set of personality traits that protects a person against stressful life events, as one of the sources of resistance like a shield, and enables him to face internal and external challenges. Stubbornness is a combination of beliefs about oneself and the world, which consists of the three components of commitment, control, and struggle, and makes a person immune to external and internal pressures.

Timepoint

At the beginning of the study, after the intervention and two months after the intervention

Method of measurement

Psychological Hardiness Kobasa (1989)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: they were treated based on Emotion Efficacy Therapy (McKay and West, 2016) during 8 sessions of 120 minutes (two sessions per week). First session: Awareness of excitement. Session 2: Acceptance of the conscious mind, surfing on excitement. The third session: action based on values - first part. Fourth session: Action based on values - Part II. Fifth session: Mindful confrontation, calm body and self-soothing. Sixth session: conscious mind confrontation, confrontational thoughts, fundamental acceptance. Seventh session: Mindful confrontation, returning attention and rest time. Eighth session: Fixing, fixing bugs and summarizing

Category

Rehabilitation

2

Description

Control group: a group that does not undergo any intervention. They only complete the questionnaires before and after the study. If they wish, they can undergo intervention after the end of the study.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Dasthaye Mehrabani (Darya)

Full name of responsible person

Zahra Rezaee

Street address

Serah Simin, Wali Asr town, next to Milad hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Farsad Zamani Borojeni

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Email
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Web page address
 http://new.khuisf.ac.ir/
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
 No
Title of funding source
 Isfahan Islamic Azad University (Khorasgan)
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
 Persons

Person responsible for general inquiries

Contact

Name of organization / entity
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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The data file of the participants can only be published in general without mentioning the names and addresses of the participants. The study protocol can also be published as a table. The statistical analysis map can be published in the form of tables and statistical results obtained. Informed consent can be published in its entirety. Applied research results can be published. Statistical methods and statistical analysis are publishable. The obtained data can be published in the form of tables. All items can be presented in accordance with the guidelines of the magazines and if there is no harm to the participants.

When the data will become available and for how long

The access period starts with the opinion and agreement of the relevant publications.

To whom data/document is available

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

Under which criteria data/document could be used

All cases of using documents will be possible with the permission of the university of study and professors related to the research and in compliance with the existing rules and regulations.

From where data/document is obtainable

Reputable journals in which articles related to research are published. The e-mail of the supervisor and the student responsible for the project and their university website will be made available to the applicants to use the results in compliance with the rules and regulations and maintaining the confidentiality of the participants.

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

If the rules related to research documents are followed, the request will be answered as soon as possible.

Comments