

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigating the impact of group-based training using acceptance and commitment therapy on self-esteem and perceived stress in mothers of children with attention deficit/hyperactivity disorder.

Protocol summary

Study aim

Investigating the impact of group-based training using acceptance and commitment therapy on self-esteem and perceived stress in mothers of children with attention deficit/hyperactivity disorder.

Design

clinical trial with intervention and control groups (25 individuals in each group), parallel, not blinded, block randomization

Settings and conduct

The study will be conducted at the Afagh Center for Learning Disorders. Once informed consent is obtained, 25 participants will be randomly assigned to either the intervention or control group. The intervention group will participate in eight group training sessions based on Acceptance and Commitment Therapy, while the control group will not receive any intervention during the study. All participants will complete a pre-test questionnaire, and after the protocol has been implemented and three months of intervention have passed, post-test and follow-up questionnaires will also be completed.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a child aged 7 to 12 years with attention deficit/hyperactivity disorder, the education level higher than diploma, informed consent to participate in the study, not having any known psychiatric disorder, and not having any disabilities or physical and mental illness that would prevent participation. Exclusion criteria: Receiving psychotropic medications in the past three months, participating in psychological treatment and training courses in the past three months

Intervention groups

Intervention group (25 individuals) will participate in 8 sessions (one 90-minute session per week) of group training based on acceptance and commitment therapy while the control group (25 individuals) will not receive

any intervention.

Main outcome variables

Self-esteem; Perceived stress of mothers with ADHD children

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220610055124N1**

Registration date: **2023-05-29, 1402/03/08**

Registration timing: **prospective**

Last update: **2023-05-29, 1402/03/08**

Update count: **0**

Registration date

2023-05-29, 1402/03/08

Registrant information

Name

Mahya Mojahedi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-23, 1402/05/01

Expected recruitment end date

2023-10-23, 1402/08/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the impact of group-based training using acceptance and commitment therapy on self-esteem and perceived stress in mothers of children with attention deficit/hyperactivity disorder.

Public title
The impact of group-based training using acceptance and commitment therapy on self-esteem and perceived stress.

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Having a child aged 7 to 12 years with attention deficit/hyperactivity disorder The education level higher than diploma Informed consent to participate in the study Not having any known psychiatric disorder Not having any disabilities or physical and mental illness that would prevent participation.
Exclusion criteria:
Receiving psychotropic medications in the past three months Participating in psychological treatment and training courses in the past three months

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants will be selected through convenience sampling and then allocated to two groups, intervention (A) and control (B), using block randomization. For this purpose, blocks of four will be created from the combination of AABB, and blocks will be randomly selected until the sample size is complete. Mersenne Twister will be used as the randomization tool.

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 Birjand University of Medical Science

Street address

Birjand University of Medical Sciences - Ayatollah Ghaffari Street

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Birjand

Province

South Khorasan

Postal code

9717853577

Approval date

2023-04-17, 1402/01/28

Ethics committee reference number

IR.BUMS.REC.1402.022

Health conditions studied

1

Description of health condition studied

attention deficit hyperactivity disorder, self-esteem, perceived stress

ICD-10 code

F90.2

ICD-10 code description

Attention-deficit hyperactivity disorder, combined type

Primary outcomes

1

Description

The average score that the participants will obtain from the Eysenck self-esteem questionnaire.

Timepoint

Before and immediately after and 3 months after intervention

Method of measurement

Eysenck Self Esteem Questionnaire

2

Description

The average score that the participants will obtain from the Perceived Stress Scale.

Timepoint

Before and immediately after and 3 months after intervention

Method of measurement

Perceived Stress Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 25 participants will participate in eight 90-minute group sessions (one session per week) based on acceptance and commitment therapy. The content of the sessions is as follows: * Session one: Pre-test implementation (Eysenck self-esteem questionnaire and perceived stress scale), introducing the research topic to group members, an introduction to attention deficit/hyperactivity disorder and its effects on parents and family members, and the impact of psychological treatments on it. * Session two: Examining the external and internal world in acceptance and commitment-based therapy/challenging control strategies. * Session three: Identifying personal values, clarifying values, specifying goals, specifying actions and obstacles/extracting the experience that control is a problem. * Session four: Reviewing values and deepening previous concepts/defusing from depressing thoughts and feelings. * Session five: Understanding fusion and defusion and doing exercises for defusion/measuring participants' ability to defusion. * Session six: Understanding self-conceptualized fusion and teaching how to defuse from it. * Session seven: Mindfulness and emphasis on being in the present moment/importance of values. * Session eight: Reviewing life story and committing to action/reflecting on the progress made and the ongoing goals of the participants, post-test implementation (Eysenck self-esteem questionnaire and perceived stress scale). After three months, the participants will be re-evaluated using the Eysenck self-esteem questionnaire and perceived stress scale in the follow-up phase.

Category

Treatment - Other

2

Description

Control group: At the beginning of the study, these participants (25 individuals) will participate in the pre-test (Eysenck self-esteem questionnaire and perceived stress scale) and will not receive any intervention during the group-based acceptance and commitment therapy phase. At the end of the group-based therapy for the intervention group, these individuals will also participate in the post-test (Eysenck Self-Esteem Questionnaire and Perceived Stress Scale). After three months, the participants will be re-evaluated using the Eysenck self-esteem questionnaire and perceived stress scale in the follow-up phase.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Afagh Learning Disorders Center

Full name of responsible person

Marziyeh Baetminan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Mohammad Reza Miri Moghadam

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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

Birjand 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

Birjand University of Medical Sciences

Full name of responsible person

Mahya Mojahedi

Position

Assistant Professor

Latest degree

Specialist

Other areas of specialty/work

Psychiatrics

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Person responsible for scientific inquiries

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Position

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Latest degree

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Other areas of specialty/work

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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

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available