

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 2026

### Effectiveness of the resilience training intervention program on quality of life and self-esteem of mothers of diabetic children

#### Protocol summary

##### Study aim

Determining the effect of resilience training on the level of quality of life and self-esteem of mothers of diabetic children in Gonbad Kavus and Gorgan cities in 1401

##### Design

Sampling in this research will be random and 50 mothers will be divided into two intervention and control groups, each group will contain 25 people, using a random number table. Both groups will fill two questionnaires of quality of life and self-esteem as a pre-test. The experimental group will undergo family resilience training for 9 sessions of 90 minutes and 2 sessions per week in groups of 5 people. After applying the intervention to the intervention group, both the intervention and control groups will complete the quality of life and self-esteem questionnaire as a post-test and then the data will be analyzed.

##### Settings and conduct

This research is of the classical experimental type (two groups pre-test - post-test) with two groups of test and control. This study will be conducted experimentally in parallel groups in Taleghani diabetes clinic and social security and private clinics in Gonbad and Gorgan cities in 1401. To carry out the research, first the necessary permits will be obtained from the Ethics Committee of Taleghani Clinic in Gonbad and Tamin Hospital and private clinics in Gonbad and Gorgan.

##### Participants/Inclusion and exclusion criteria

1. Mothers with at least one diabetic child between the ages of 7 and 13. 2. Literate 3. Willingness to participate in meetings 4. Having physical health.

##### Intervention groups

Content of training sessions included 1: Getting to know the group members. 2: explanations to mothers 3: Courage and encouragement. 4: Spirituality. the faith. 5: mutual support 6: a field of emotions 7: Focus on goals. 8: Cultivating self-confidence. 9: Summary

##### Main outcome variables

Quality of life - self-esteem

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230430058034N1**

Registration date: **2023-07-18, 1402/04/27**

Registration timing: **retrospective**

Last update: **2023-07-18, 1402/04/27**

Update count: **0**

##### Registration date

2023-07-18, 1402/04/27

##### Registrant information

##### Name

Aynaz Agh

##### Name of organization / entity

The University of Aliabad

##### Country

Iran (Islamic Republic of)

##### Phone

+98 17 3333 2261

##### Email address

aynazagh123@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-04-19, 1402/01/30

##### Expected recruitment end date

2023-06-20, 1402/03/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

Effectiveness of the resilience training intervention program on quality of life and self-esteem of mothers of diabetic children

## Public title

Effectiveness of the resilience training intervention program on quality of life and self-esteem of mothers of diabetic children

## Purpose

Other

## Inclusion/Exclusion criteria

### Inclusion criteria:

1. Mothers who have at least one diabetic child between the ages of 7 and 13. 2. Have a level of literacy in reading and writing. 3. Have a desire to participate in resilience training sessions. 4. Having physical health, according to their health records and their advisors, and the mothers themselves do not have chronic diseases

### Exclusion criteria:

The existence of mental illnesses of the child addict parents The long distance of the child's place of residence that they are not able to travel alternately

## Age

From **20 years** old to **50 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **50**

## Randomization (investigator's opinion)

Randomized

## Randomization description

The study subjects will be divided into 2 control and intervention groups by using simple randomization method and random number table. First, each person is assigned a number. Then, using the table of random numbers, each selected number is randomly assigned to one of the groups, and this work continues until the number of people in each group is completed. Therefore, the researcher will not have the authority to change the assignment status of people or predict it.

## 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 aliabad e katool

#### Street address

No. 237. Rahnamaei St.

#### City

Gnbad Kavooos

#### Province

Golestan

#### Postal code

4971946367

### Approval date

2023-03-01, 1401/12/10

### Ethics committee reference number

IR.IAU.AK.REC.1401.004

## Health conditions studied

## 1

### Description of health condition studied

Resilience training

### ICD-10 code

### ICD-10 code description

## Primary outcomes

## 1

### Description

quality of life

### Timepoint

2 month

### Method of measurement

quality of life questionnaire

## 2

### Description

self esteem

### Timepoint

2 month

### Method of measurement

self esteem cooper questionnaire

## Secondary outcomes

## 1

### Description

Quality of life score and self-esteem score

### Timepoint

2 month

### Method of measurement

1- Cooper Smith Self-Esteem Questionnaire (SEI) 2- SF-36 Quality of Life Questionnaire

## Intervention groups

## 1

### Description

Intervention group: In the treatment protocol intervention group, the resilience training intervention, which is based on the protocol adopted from Walsh's family resilience book, will be conducted with 9 treatment sessions and each session will last 90 minutes for 2 months. The training content includes getting to know the members of the group, providing necessary explanations to the mothers about the purpose of training sessions, courage, spirituality, mutual support, emotions, focusing on goals, self-awareness, summarizing and finishing the training given in the field of resilience.

### Category

Other

## 2

### Description

Control group: In this group, there is no protocol and the desired samples do their routine work

### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Taleghani Hospital

##### Full name of responsible person

Mrs. Halima Badakhshan

##### Street address

Emam St.

##### City

Gonbad Kavoods

##### Province

Golestan

##### Postal code

4979123456

##### Phone

+98 17 3322 3997

##### Email

aynazagh123@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Aliabad Katul Azad University

##### Full name of responsible person

Golbahar Akhoundzadeh

##### Street address

Pasdaran Ave

##### City

Aliabad Katul

##### Province

Golestan

##### Postal code

4941793451

##### Phone

+98 17 3422 4500

##### Email

ravabet@aliabadiu.ac.ir

##### Grant name

Golbahar Akhoundzadeh

##### Grant code / Reference number

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

Yes

##### Title of funding source

Aliabad Katul 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

Aliabad Katul Azad University

##### Full name of responsible person

Nafiseh Hekmatipoor

##### Position

Associate professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Nursery

##### Street address

Pasdaran Av.

##### City

Aliabad Katul Azad University

##### Province

Golestan

##### Postal code

4917935965

##### Phone

+98 17 3422 4500

##### Email

n\_hekmati68@gmail.com

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Aliabad Katul Azad University

##### Full name of responsible person

Aynaz Agh

##### Position

Nurse  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Nursery  
**Street address**  
Rahnamaei Av.  
**City**  
Gonbad Kavoods  
**Province**  
Golestan  
**Postal code**  
49791946367  
**Phone**  
+98 17 3333 2261  
**Email**  
aynazagh123@gmail.com

## Person responsible for updating data

**Contact**  
**Name of organization / entity**  
Aliabad Katul Azad University  
**Full name of responsible person**  
Aynaz Agh  
**Position**  
Nursse  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Nursery

**Street address**  
Rahnamaei St.  
**City**  
Gonbad Kavoods  
**Province**  
Golestan  
**Postal code**  
49791946367  
**Phone**  
+98 17 3333 2261  
**Email**  
aynazagh123@gmail.com

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

### Justification/reason for indecision/not sharing IPD

For personal reasons

### Study Protocol

No - There is not a plan to make this available

### Statistical Analysis Plan

No - There is not a plan to make this available

### Informed Consent Form

No - There is not a plan to make this available

### Clinical Study Report

No - There is not a plan to make this available

### Analytic Code

No - There is not a plan to make this available

### Data Dictionary

No - There is not a plan to make this available