

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.

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4979123456

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+98 17 3322 3997

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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

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4941793451

Phone

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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

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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
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49791946367
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Person responsible for updating data

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