Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

investigating the effect of guided self-help through social networks on post-traumatic stress symptoms and resilience of mothers with children suffering from febrile convulsion

Protocol summary

Study aim

Determining the effect of guided self-help through social networks on post-traumatic stress symptoms and resilience of mothers with children suffering from febrile convulsions.

Design

In this study, among the mothers with children suffering from febrile convulsions who refer to pediatric events or the pediatric department of Imam Sajjad Hospital affiliated to Yasouj University of Medical Sciences, the research samples were selected using convenience sampling method. and will be assigned to one of two intervention or control groups through random block allocation. Due to the fact that there are two groups, the number of blocks multiple of 2, that is, two and four, will be selected.

Settings and conduct

Among mothers with children suffering from febrile convulsions who refer to pediatrics or the pediatric department of Imam Sajjad Hospital affiliated to Yasuj University of Medical Sciences

Participants/Inclusion and exclusion criteria

1- The mother witnessed the first seizure of the first child suffering from febrile convulsions with a definitive diagnosis by a pediatric infectious diseases specialist 2- Verification of post-traumatic stress symptoms in the mother by a psychiatrist or psychologist 3- At least one month has passed since the first seizure caused by the child's fever

Intervention groups

Guided self-help intervention will be done through social network for the test group. There is no intervention for the control group.

Main outcome variables

Symptoms of post-traumatic stress Resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230709058727N1**
Registration date: **2023-07-17, 1402/04/26**
Registration timing: **prospective**

Last update: **2023-07-17, 1402/04/26**
Update count: **0**

Registration date

2023-07-17, 1402/04/26

Registrant information

Name

Iman Seyfi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-23, 1402/06/01

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 effect of guided self-help through social networks on post-traumatic stress symptoms and resilience of mothers with children suffering from febrile convulsion

Public title
investigating the effect of guided self-help through social networks on post-traumatic stress symptoms and resilience of mothers with children suffering from febrile convulsion

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
having symptoms of post-traumatic stress having symptoms of low resilience
Exclusion criteria:
having a mental illness not having a mobile phone

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **162**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, among the mothers with children suffering from febrile convulsions who refer to pediatric events or the pediatric department of Imam Sajjad Hospital affiliated to Yasouj University of Medical Sciences, the research samples were selected using convenience sampling method. and will be assigned to one of two intervention or control groups through random block allocation. Due to the fact that there are two groups, the number of blocks multiple of 2, that is, two and four, will be selected. Allocation of samples to study groups will be done through the online website (https://www.sealedenvelope.com/simple-randomiser/v1/lists). On this site, the number of groups is recorded, and the number of blocks, which is a multiple of the number of groups and the total number of samples, is written. Finally, the software randomly selects the number of samples based on the available data

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
use of social network

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Yasouj University of Medical Sciences Research Ethics Committee

Street address
Shahid Motahari Boulevard, Yasouj University of Medical Sciences

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Postal code
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Approval date
2023-07-09, 1402/04/18

Ethics committee reference number
IR.YUMS.REC.1402.062

Health conditions studied

1

Description of health condition studied
Guided self-help through social networks

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Post-traumatic stress score and resilience score

Timepoint
Measuring the post-traumatic stress score and resilience before the intervention and immediately after the intervention

Method of measurement
Weiss and Marmar event impact scale and Connor Davidson resilience scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Guided self-help training through social networks for mothers with children suffering from febrile convulsions who have symptoms of post-traumatic stress and loss of resilience is carried out according to the following protocol. Guided self-help protocol through social networks: The first session: Title: pre-tests, familiarization, preparation, goals: description of the self-help program guided through social networks,

its necessity and importance, conducting pre-tests, familiarizing the participants with each other, the future goals of this session, the consequences and The logic of the guided self-help program, the results of researches and researches conducted about the guided self-help program through social networks and the right and wrong ideas about it. Getting to know the symptoms of post-traumatic stress and resilience components.Psychological educational materials related to post-traumatic stress symptoms will be presented to the participants by four personalities who describe their experiences. Outcomes: *taking pre-tests *understanding that the skills taught in this program , are important life skills and helps people in all situations to show their best performance. Consequences: * Taking pre-tests * Understanding that the skills taught in this program are important life skills and It helps people in all situations to perform at their best. *Reflects individual strengths and goals. *Understands that people are different. *Understanding that resilient people show less post-traumatic stress symptoms.Homework: In this session, the client is asked to write down the list of problems that are most important to him and that he wants to work on, prioritize and bring with him to the next session. Second session: Title : Grounding (connecting with the present moment without getting lost in thoughts or feelings) Objectives: Familiarity with mindfulness exercises, description of its six stages, necessity and importance of grounding exercises in the form of mindfulness, results and future goals of this research. Implications: *Understanding that mindfulness skills increase concentration and relying on the present and prevent a person from dwelling on negative thoughts of the past. *Understanding that increasing concentration and avoiding negative thoughts by relying on the present in Increasing a person's resilience is effective. Homework: Do mindfulness exercises The third session: Title: Anxiety Management Objectives: Teaching relaxation along with learning through controlled breathing technique training, progressive muscle relaxation and relaxation through visualization, results: *Understanding that 13 steps of progressive muscle relaxation exercises and simple diaphragmatic breathing exercises increase relaxation and reducing tension and anxiety in the person. *Understanding that the continuation of these exercises by reducing the tension in the person increases his resilience in everyday problems. Homework: Practice progressive muscle relaxation and diaphragmatic breathing with the aim of increasing relaxation The fourth session: Title: Reclaiming my life through focusing on relaxation exercises Objectives: The purpose of this session is to provide examples and exercises that increase relaxation in a person. Remember relaxation. Become more aware of yourself, others and your environment. Consequences: *Recognize that the method of relaxation and attention are effective methods to be more aware of yourself, others and the surrounding environment. It follows that in order to communicate with their surroundings, they should consider a time of peace and quiet for themselves; That they can gain the awareness that they can use their five senses to increase attention Understand that the relaxation method is a great way to overcome harmful emotions, such as; It is stress and worry that affects their physical and mental health, and this method increases the resilience of the individual. Homework: review mindfulness exercises and define a successful experience of how to return to the routine of life.The fifth session: Title: Coping with my own trauma and trauma through confrontation exercises. Objectives: * Provides a rationale for imaginary confrontations, the narratives of four characters are presented. The therapist helps the participant to start writing a narrative which he completes remotely and reads it every day for at least 30 minutes. Confrontation is creating an opportunity for the patient to evaluate the correctness of those beliefs and thoughts, because with avoidance he never gets the opportunity to evaluate them.Consequences: *Understanding that exposure should continue until the level of anxiety is reduced by at least half. Never stop the exposure before reducing his anxiety, because instead of weakening the symptom and anxiety reaction, this will make it stronger. Homework: This week's homework should be repetition of exposure at home. Ask the patient to choose from the hierarchy of fear and anxiety, the case that happened immediately after the situation that was faced in the session, and then start and continue the exposure until the level of anxiety is reduced by half.When her anxiety is reduced by half in one case, she should go to the next case and do this for all the situations in the hierarchy.Sixth session: Title: Development of positive thoughts. Objectives: *The goal of this session is to teach the participants to pay attention. This training is a powerful predictor for long-term memorization of skills taught in a guided self-help program through social networks. Internal useful thoughts (I can perform at my best) and introducing the idea that positive thoughts are a powerful way to change negative internal thoughts and self-talk. *Learn mind control exercises and use them to deal with negative thoughts and develop positive thinking Implications: * The first main learning outcome of this session for the participants is to understand the concept of positive attention and self-talk. This is one of the most important consequences of learning that many people are often not aware of; That they can choose the center of their attention and how much this can affect their feelings and thoughts. Also, the goal is for people to become aware of their inner thoughts, when feelings like; They have happiness, peace, excitement, worry, anger and sadness. *Understanding that positive thinking improves a person's resilience.* Perform three steps of mind control exercise to deal with negative thoughts and develop positive thinking, which includes the following steps: 1-writing negative thoughts 2-accepting the situation and acting from a position of strength 3-choosing between the two available options A: taking action and solving Problem B: Creating a sense of well-being. Homework: based on the questions raised in this session, challenge disturbing thoughts and replace them with more realistic thoughts. In addition, if the patient's anxiety in imagining traumatic situations has not decreased, continue the imaginary exposure on a daily basis.Seventh Session: Title: Overcoming Denial and

Avoidance and Increasing the Sense of Control Objectives: *The purpose of this session is to grade internal encounters in situations related to trauma/avoided fear and to provide solutions and exercises to control emotions, with the aim of anger management, anxiety management and stress.* Discovering solutions for challenging situations, using the problem-solving program and learning about different people. Consequences: * Teaching people how to use coping skills, * Learning this to reflect on ways to deal with difficult situations.In people, identifying future challenges and planning strategies to overcome them is a key result of learning useful ways of coping against unhelpful ways of coping such as denial and avoidance. * Learning coping skills that resolve conflict reduce and build better relationships. Homework: As a homework, ask the patient to choose another situation from the hierarchy of fear and anxiety situations in order to practice exposure along with cognitive reconstruction.At the end, fill out the anxiety questionnaire to check the effect of the combination of exposure and cognitive reconstruction in the guided self-help method on the reduction of anxiety. The length of the program is learned to review and reinforce positive points and minimize weak points (reinforcement of positivity). Provides measures to prevent the recurrence of symptoms and mentions what to do if the symptoms return.* Providing solutions aimed at strengthening the sense of spirituality and faith Consequences: To be able to explain the relationship between spirituality and religion. To use their sense of spirituality as a motivational factor. To be optimistic and hopeful for the future. To believe in their uniqueness and express how this belief can help people's sense of independence. Homework: Tell a story about experiencing spirituality and solving problems.

Category

N/A

2

Description

Control group: During the study, no intervention will be done for the control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Sajjad Yasouj Hospital

Full name of responsible person

Iman Seifi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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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

Yasouj 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

Yasouj University of Medical Sciences

Full name of responsible person

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Position

Nursing Master's Student

Latest degree

Bachelor

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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