

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of education based on the theory of planned behavior on the resilience of mothers of children with cerebral palsy

Protocol summary

Registration timing: **prospective**

Study aim

Determining the effect of education based on the theory of planned behavior on the resilience of mothers with children with cerebral palsy

Last update: **2023-10-17, 1402/07/25**

Update count: **0**

Registration date

2023-10-17, 1402/07/25

Design

A randomized clinical trial with a control group, which will be conducted on 60 mothers of children with cerebral palsy. No blinding due to being educational. Allocating people to two intervention and control groups will be done using blocks.

Registrant information

Name

Zahra Behboodi Moghadam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 7171

Email address

behboodi@tums.ac.ir

Settings and conduct

The place of study will be the exceptional schools of Qom. After visiting the schools, the purpose of the study will be explained to the individuals, then the control and intervention groups will be completed by assigning code A or B to the individuals.

Recruitment status

Recruitment complete

Funding source

Participants/Inclusion and exclusion criteria

Having a child with cerebral palsy, no history of participating in educational or counseling classes, not suffering from known chronic diseases, having literacy, willingness to participate in the study. Absence of more than two sessions, unwillingness to cooperate

Expected recruitment start date

2023-10-23, 1402/08/01

Expected recruitment end date

2023-11-22, 1402/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Intervention groups

For the intervention group, 4 training sessions of 45 to 60 minutes will be held (once a week). After the completion of the intervention and obtaining the results, the educational content will also be available to the control group.

Main outcome variables

Improvement of resilience is expected in the intervention group.

Scientific title

Effect of education based on the theory of planned behavior on the resilience of mothers of children with cerebral palsy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120414009463N67**

Registration date: **2023-10-17, 1402/07/25**

Public title

The effect of resilience on mothers of children with

cerebral palsy

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 Having a child with cerebral palsy in elementary or guidance school (according to the examination of medical documents) Lack of history of participating in educational or counseling classes in the field of improving self-esteem or adapting to the environment Not suffering from known chronic diseases such as psychiatric disorders and problems Literacy for reading and writing Willingness to participate in the study
Exclusion criteria:
 Absence of more than two sessions in training classes Unwillingness to Cooperation

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 60

Randomization (investigator's opinion)
Randomized

Randomization description
Allocating people to two intervention and control groups will be done using blocks (AABB, ABAB, ABBA, BBAA, BABA, BAAB). The randomization unit will be individual. The randomization tool for choosing the block unit will be dice. Due to the present study is an educational type, there will be no possibility of blinding.

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 Nursing and Midwifery Faculty and Rehabilitation Faculty of Tehran University of

Street address

School of Nursing and Midwifery

City

Tehran

Province

Tehran

Postal code

1419733171

Approval date

2023-08-16, 1402/05/25

Ethics committee reference number

IR.TUMS.FNM.REC.1402.116

Health conditions studied

1

Description of health condition studied

Resilience of mothers of children with cerebral palsy

ICD-10 code

F62.0

ICD-10 code description

Enduring personality change after catastrophic experience

Primary outcomes

1

Description

Score of resilience

Timepoint

Before the intervention, immediately, four and eight weeks after the intervention

Method of measurement

The Connor-Davidson Resilience Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: We will have an intervention group that will receive educational materials based on the theory of planned behavior during 4 weekly sessions of 45 to 60 minutes The educational components include the history of cerebral palsy and its global statistics, the importance of the type of communication with these children, the definition of resilience, the results of improving resilience and aspects of improving the quality of life, the importance of improving the quality of life of these mothers, the importance of obtaining education and correct information regarding Improving resilience, positive and negative attitudes towards having a child with cerebral palsy, mental beliefs, knowledge and attitude of a person about having a sick child and...

Category

Behavior

2

Description

Control group: In the control group, which includes mothers of children with cerebral palsy and have the

inclusion criteria, no intervention was performed.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Exceptional schools of Qom city

Full name of responsible person

Zahra Behboodi Moghadam

Street address

No1 , Dr. Mirkhani St. (Nosrat Sharghi) , Tohid Square
,School of Nursing and Midwifery

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 6105 4000

Email

Higher_education@tums.ac.ir

Web page address

<http://fnm.tums.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Akbar Fotouhi

Street address

No23, Valiasr Avenue, Dameshgh Street, Vice
chancellor for research, Tehran University of Medical
Sciences

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 8163 3619

Email

gojelou@farabi.tums.ac.ir

Web page address

<http://fnm.tums.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Zahra Behboodi Moghadam

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

No1 , Dr. Mirkhani St. (Nosrat Sharghi) , Tohid Square
,School of Nursing and Midwifery

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 6105 4000

Email

zahrabehboodi@tums.ac.ir

Web page address

<http://fnm.tums.ac.ir/>

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Zahra Behboodi Moghadam

Position

Professor

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Other areas of specialty/work

Midwifery

Street address

Tohid Square

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 6692 7171

Fax

+98 21 6692 7171

Email

behboodi@tums.ac.ir

Person responsible for updating data**Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Dr. Zahra Behboodi Moghadam

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

No1 , Dr. Mirkhani St. (Nosrat Sharghi) , Tohid Square
,School of Nursing and Midwifery

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 6692 7171

Email

Zahar_behboodi@yahoo.com

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

Participants' information is protected and their names are not required.

When the data will become available and for how long

1403

To whom data/document is available

Reputable journals

Under which criteria data/document could be used

Universities of Medical Sciences

From where data/document is obtainable

Try not to use the documents personally

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

Provide complete information and pay

Comments