

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of virtual self-compassion training on chronic sorrow and coping strategies in mothers of children with cerebral palsy

Protocol summary

Study aim

Determining the effect of virtual self-compassion training on chronic sorrow and coping strategies in mothers of children with cerebral palsy

Design

A clinical trial that has no precedent in terms of randomization, single-group and blinded, which is conducted on 137 mothers.

Settings and conduct

Virtual training of self-compassion in the form of several audio and video files in simple language, through Bale software, on mothers of children with cerebral palsy. Research field: Imam Reza Clinic. File content: 1. Knowing and explaining the rules and aims of meetings and the definition of self-compassion 2. Knowing the components of self-compassion, the origin and importance of self-compassion 3. Understanding the approach and characteristics of self-compassion 4. Knowing the compassion skills 5. Compassionate mind training 6. Development of compassion characteristics 7. Development of compassionate skills 8. The main techniques of training the compassionate mind: compassionate imagery, soothing breathing rhythm, mindfulness, compassionate letter writing

Participants/Inclusion and exclusion criteria

1.Desire to participate in the study 2. Having only one child with cerebral palsy 3.Not having a history of physical and mental illness according to the doctor's diagnosis 4.Having a smartphone to install Bale software 5.Performing maternal duties as a caregiver 6.The health of other family members 7.Confirmation of cerebral palsy in a child

Intervention groups

137 eligible mothers of children with cerebral palsy referred to Imam Reza clinic who received virtual self-compassion training through Bale software in the form of audio-video files.

Main outcome variables

1.Chronic Sorrow score in the Kendall Chronic Sorrow

questionnaire 2. Coping Strategies score in the Folkman and Lazarus coping strategies questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240106060625N1**

Registration date: **2024-02-12, 1402/11/23**

Registration timing: **registered_while_recruiting**

Last update: **2024-02-12, 1402/11/23**

Update count: **0**

Registration date

2024-02-12, 1402/11/23

Registrant information

Name

Fateme Tamadon

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5433 9537

Email address

fatmhtmdn95@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-04, 1402/11/15

Expected recruitment end date

2024-03-19, 1402/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of virtual self-compassion training on chronic sorrow and coping strategies in mothers of children with cerebral palsy

Public title

The effect of virtual self-compassion training on chronic sorrow and coping strategies

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Desire to participate in the study
Performing maternal duties as a caregiver
Having a smart phone and installing Bale software to receive educational audio files
Not having a history of physical and mental illness according to the doctor's diagnosis
Having only one child with cerebral palsy
The health of other family members
Confirmation of cerebral palsy in a child by a pediatric neurologist

Exclusion criteria:

Undesire to participate in the study
Any case does not receive feedback regarding the use of audio files
Separation from husband

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **137**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Shiraz University of Medical Sciences

Street address

Shiraz University of Medical Sciences

City

Shiraz

Province

Fars

Postal code

7134814336

Approval date

2023-12-23, 1402/10/02

Ethics committee reference number

IR.SUMS.NUMIMG.REC.1402.119

Health conditions studied**1****Description of health condition studied**

Cerebral palsy

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Chronic Sorrow in mothers of children with cerebral palsy

Timepoint

Before, immediately and one month after self-compassion training

Method of measurement

Kendall Chronic Sorrow Questionnaire

2**Description**

Coping strategies in mothers of children with cerebral palsy questionnaire

Timepoint

Before, immediately and one month after self-compassion training

Method of measurement

Folkman and Lazarus Coping Strategies Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

In this study after approving the proposal, obtaining the national code of ethics, the clinical trial code, permission from the University of Medical Sciences and receiving the letter of introduction from Imam Reza Clinic (AS), the researcher will refer to this clinic. The research samples will be 137 mothers of children with cerebral palsy referring to Imam Reza (AS) clinic who will be included in the study randomly. The researcher will give reassurance to the mothers after introducing herself and explaining

the objectives of the project and confidentiality of information. After obtaining informed consent from the mothers, the Chronic Sorrow and Coping Strategies questionnaires will be completed with the cooperation of the research assistant. After repeated reviews of the research environment due to the large number of samples, the lack of a conference room for face-to-face training of mothers in the clinic and the impossibility of simultaneous attendance of mothers in training sessions, according to the professors and the research team, self-compassion virtual training in the form of several audio and video files Simple language will be available to mothers of children with cerebral palsy through Bale software during eight sessions in about one month. This research is a single intervention group and the samples are measured before and after the intervention. Self-compassion virtual training consist: Knowing and explaining the rules and aims of meetings and the definition of self-compassion, Knowing the components of self-compassion, the origin and importance of self-compassion, Understanding the approach and characteristics of self-compassion, Knowing the compassion skills, Compassionate mind training, Development of compassion characteristics, Development of compassionate skills, The main techniques of training the compassionate mind: compassionate imagery, soothing breathing rhythm, mindfulness, compassionate letter writing. Immediately after receiving the complete audio and video files and a month later, the relevant questionnaires will be completed again. Finally the data will be recorded and analyzed by SPSS version 22 software.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Reza (AS) clinic of Shiraz
Full name of responsible person
Dr Mani Ramzi
Street address
Namazi Sq, Imam Reza Clinic
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7134814734
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Email
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr Mohammad Hashem Hashempur
Street address
Zand St., Central Building of Shiraz University of Medical Sciences, 7th floor, Research and Technology Deputy
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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
Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Fateme Tamadon
Position
Master of Pediatric Nursing student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

Contact

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Shiraz University of Medical Sciences

Full name of responsible person

DR Mitra Soltanian

Position

Assistant Professor

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Person responsible for updating data

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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