Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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. o

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

City
Shiraz

Province
Fars

Postal code
7134814734

Phone
+98 71 3212 7000

Email
ramzim@sums.ac.ir

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

City
Shiraz

Province
Fars

Postal code
7134814336

Phone
+98 71 3212 2430

Email
vcrdep@sums.ac.ir

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

Street address
Namazi Square, Fatemeh College of Nursing and Midwifery of Hazrat Fatemeh

City
Shiraz

Province
Fars

Postal code
71936-13119

Phone
0098 71 36474254-8

Email

fateme.tamadon@hotmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
DR Mitra Soltanian

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Namazi Square, Fatemeh College of Nursing and Midwiferyry

City
Shiraz

Province
Fars

Postal code
71936-13119

Phone
+98 71 3647 4254

Email
mitsoltan@yahoo.com

Person responsible for updating data

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

Street address
Namazi Square, Fatemeh College of Nursing and Midwifery

City
Shiraz

Province
Fars

Postal code
71936-13119

Phone
0098 71 36474254-8

Email
fateme.tamadon@hotmail.com

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