Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the effectiveness of teaching compassion skills on mother-child attachment and parenting style in mothers with children aged 3-5

Protocol summary

Study aim
Determine effectiveness of teaching compassion skills on mother-child attachment and parenting style in mothers with children aged 3-5

Design
This is a randomized clinical trial with a parallel design and a control group. This non-blinded study will be conducted on 40 eligible mothers. A simple randomization method is used, and the participants are assigned to two intervention and control groups.

Settings and conduct
This study, which will be conducted at the Hafizeh Health Center in Kermanshah, is non-blinded. In the first meeting to start the study, a book on Compassion will be provided to the participants for reading.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Women with a child aged 3-5; Age between 18-45 years Physical health of the child; Proficient in Persian language to communicate Having a minimum level of literacy at the end of primary school; Informed consent; Resident of Kermanshah City
Exclusion criteria: Divorce history; History of taking psychotropic drugs; History of mental or physical disorder in the child

Intervention groups
The intervention group will receive compassion training in eight 120-minute group sessions (with 10 people in each group) weekly.The control group will not receive the intervention.

Main outcome variables
Attachment, parenting

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20130812014333N226**
Registration date: **2024-09-10, 1403/06/20**
Registration timing: **prospective**

Last update: **2024-09-10, 1403/06/20**
Update count: **0**

Registration date
2024-09-10, 1403/06/20

Registrant information

Name
Feizollah Foroughi

Name of organization / entity
kermanshah University of Medical Sciences

Country
Iran (Islamic Republic of)

Phone
+98 83 1821 4653

Email address
fforoughi@kums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-09-20, 1403/06/30

Expected recruitment end date
2024-12-20, 1403/09/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the effectiveness of teaching compassion skills on mother-child attachment and parenting style in mothers with children aged 3-5

Public title
Effectiveness of teaching compassion skills on mother-

child attachment and parenting style in mothers

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Women with a child aged 3-5 Age between 18-45 years Physical health of the child Proficient in Persian language to communicate Having a minimum level of literacy at the end of primary school Informed consent Resident of Kermanshah city

Exclusion criteria:

Divorce history History of taking psychotropic drugs History of mental or physical disorder in the child

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Using the simple random method. The names of the participants are written on the card. The cards are put into a box that cannot be seen from outside. One of the colleagues of the plan is asked to remove one card from the container at a time. The names of the 20 cards that are selected first are placed in the intervention group and the second 20 selected cards are placed in the control group.

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 Kermanshah University of Medical Sciences

Street address

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences, Building No.2, Shahid Beheshti Boulevard

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Approval date

2024-08-21, 1403/05/31

Ethics committee reference number

IR.KUMS.REC.1403.251

Health conditions studied

1

Description of health condition studied

Attachment behavior

ICD-10 code

P00

ICD-10 code description

Fetus and newborn affected by maternal conditions that may be unrelated to present pregnancy

Primary outcomes

1

Description

Attachment

Timepoint

Before the intervention, immediately after the end of the last session of the intervention (eighth session) and four weeks after the end of the intervention

Method of measurement

Using the attachment questionnaire

2

Description

Parenting

Timepoint

Before the intervention, immediately after the end of the last session of the intervention (eighth session) and four weeks after the end of the intervention

Method of measurement

Using parenting questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group will receive compassion training in eight 120-minute group sessions (with 10 people in each group) weekly.

Category

Behavior

2

Description

The control group will not receive the intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Hafezia Health Center

Full name of responsible person

Sara Faghihi

Street address

Next to Hafezeh Middle School for Girls, 45 meters from the second Hafezieh St

City

Kermanshah

Province

Kermanshah

Postal code

6715813149

Phone

+98 83 3836 7909

Email

sara.faghihi65@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Cyrus Jalili

Street address

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences, Building No.2, Shahid Beheshti Boulevard

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Phone

+98 83 3836 0014

Email

cjalili@kums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Marziyeh Kaboudi

Position

A member of the university faculty

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

Faculty of Nursing and Midwifery, Dolatabad Blvd,Isar Square

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Phone

+98 83 3826 6429

Email

fkaboudi@kums.ac.ir

Person responsible for scientific inquiries

Contact

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Kermanshah University of Medical Sciences

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Dr. Marziyeh Kaboudi

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Person responsible for updating data

Contact

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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
There is no further information

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