

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Investigating the effectiveness of parental cognitive hypnotherapy on impulsivity, aggression and improving the parent-child relationship

#### Protocol summary

##### Study aim

Determining Investigating the effectiveness of parental cognitive hypnotherapy on impulsivity, aggression and improving the parent-child relationship

##### Design

A parallel-group randomized controlled clinical trial on 30 mothers with children. Randomized block method was used for randomization.

##### Settings and conduct

This study is conducted in educational schools in Tehran. Mothers with children with behavioral problems are included in the study. Mothers will be randomly divided into two groups of 15 people. The experimental group will receive cognitive hypnotherapy intervention. The control group will not be affected by any intervention and will only follow the usual care.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: confirming the diagnosis of parental impulsivity or aggression, reporting problems in relation to the child, and the age range of 25 to 45 years for mothers and 8 to 10 years for children. Exclusion criteria: Not participating regularly in hypnotherapy sessions, having severe mental disorders and separation of parents or relocation.

##### Intervention groups

The intervention group includes mothers and children who participate in 8 90-minute group sessions of cognitive hypnotherapy based on Aladdin's (2007) protocol. These sessions include mental relaxation techniques, hypnotherapy inductions and cognitive exercises to improve impulse control and reduce aggression. Also, the focus is on strengthening healthy parent-child communication and increasing self-awareness. The control group received no intervention and only continued standard care.

##### Main outcome variables

Impulsivity, aggression, improvement of parent-child relationship

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20240905062955N1**

Registration date: **2024-09-14, 1403/06/24**

Registration timing: **prospective**

Last update: **2024-09-14, 1403/06/24**

Update count: **0**

##### Registration date

2024-09-14, 1403/06/24

##### Registrant information

##### Name

Setayesh Moradi

##### Name of organization / entity

Islamic Azad University, Semnan branch

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 5622 9143

##### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-10-06, 1403/07/15

##### Expected recruitment end date

2024-11-05, 1403/08/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

**Scientific title**

Investigating the effectiveness of parental cognitive hypnotherapy on impulsivity, aggression and improving the parent-child relationship

**Public title**

Investigating the effectiveness of parental cognitive hypnotherapy on impulsivity, aggression and improving the parent-child relationship

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Confirming the diagnosis of parents' impulsivity or aggression based on standard questionnaires Report problems with the child, such as lack of effective communication or frequent conflicts The age range is 25 to 45 years for mothers and 8 to 10 years for children. Parents should be willing to attend regular hypnotherapy sessions At the time of entering the research, parents should not use drugs that affect hypnotherapy (such as sedatives or anti-anxiety drugs). Parents must be in good physical health and no chronic illness prevents them from participating in the meetings.

**Exclusion criteria:**

Parents who do not want to participate regularly in hypnotherapy sessions or do not participate in research sessions. Starting to take sedatives, anti-anxiety drugs or other drugs that affect the results of hypnotherapy. In the event of events such as separation of parents or relocation that can affect the parent-child relationship. If the parents have serious psychiatric problems such as severe depression, bipolar disorder, or psychotic disorders that prevent continued hypnotherapy treatment.

**Age**

From **25 years** old to **45 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **30**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

In this research, randomization method is used to assign samples to intervention and control groups. First, each participant receives a unique ID. These IDs are randomly written on cards and the cards are thrown into a large container. Then, the cards are shuffled and taken out in turn. Each ID is randomly assigned to different groups. To determine the intervention and control groups, the set of cards is divided into two groups and each group is randomly assigned to one of the groups. This process ensures that the allocation of participants to groups is done without prejudice and randomly, which reduces the possibility of bias in the research results.

**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 Semnan Azad University

**Street address**

Islamic Azad University, University Town, Semnan, Iran

**City**

Semnan

**Province**

Semnan

**Postal code**

3513137111

**Approval date**

2024-07-01, 1403/04/11

**Ethics committee reference number**

IR.IAU.SEMNAN.REC.1403.074

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

Parent-child relationships

**ICD-10 code**

Z62

**ICD-10 code description**

Problems related to upbringing

**Primary outcomes****1****Description**

Aggression

**Timepoint**

Before starting the intervention (pre-test) and after completing 8 intervention sessions (post-test)

**Method of measurement**

Shahim Aggression Questionnaire (2016)

**2****Description**

Impulsivity

**Timepoint**

Before starting the intervention (pre-test) and after completing 8 intervention sessions (post-test)

**Method of measurement**

Hirschfield et al.'s impulsivity scale (1965)

**3****Description**

Parent-child relationship

**Timepoint**

Before starting the intervention (pre-test) and after completing 8 intervention sessions (post-test)

**Method of measurement**

Pianta Parent-Child Relationship Questionnaire (1994)

**Secondary outcomes**

empty

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

Intervention group: In this research, cognitive hypnotherapy intervention based on Aladdin's protocol (2007) will be implemented in 8 sessions of one and a half hours, twice a week for one month, as a group for mothers and their children. Each session includes mental relaxation techniques and hypnotherapy inductions, along with cognitive exercises to improve impulse control and reduce aggression. Also, the focus is on strengthening healthy parent-child communication and increasing self-awareness. Home exercises are provided between sessions to consolidate learning. The main goal of this intervention is to reduce impulsivity and aggression and improve the parent-child relationship. strengthening healthy parent-child communication and increasing self-awareness. Home exercises are provided between sessions to consolidate learning. The main goal of this intervention is to reduce impulsivity and aggression and improve the parent-child relationship.

**Category**

Behavior

**2****Description**

Control group: It usually receives no intervention and serves as a comparison group. In other words, the control group only received usual and standard care and did not benefit from the CPRT cognitive program.

**Category**

Behavior

**Recruitment centers****1****Recruitment center****Name of recruitment center**

General Department of Education in Tehran

**Full name of responsible person**

Masoume Masoumian

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Shahid Sarparast St., West Taleghani St., Palestine Square.

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**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Islamic Azad University, Semnan branch

**Full name of responsible person**

Shahab Moradi

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Islamic Azad University, University Town, Semnan

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shahabmoradi66@gmail.com

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Islamic Azad University, Semnan branch

**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**

Islamic Azad University, Semnan branch

**Full name of responsible person**

Setayesh Moradi

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Psychology

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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Daood Nodehi

**Position**

Assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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

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**Full name of responsible person**

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**Position**

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**Latest degree**

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**Other areas of specialty/work**

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**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**

Not applicable

**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**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

The stages of the clinical study, such as the number of participants, the criteria for entering and exiting the research project, the sampling method, the treatment protocol, and the results of the study will be described in the thesis and article.

**When the data will become available and for how long**

The data can be made available one month after the results are published.

**To whom data/document is available**

Study data and documentation will be available to researchers and researchers working in accredited academic and scientific institutions. These people can access the data by submitting a request and after reviewing and approving the request. In addition, researchers who are working in the industry related to the research topic can also apply to receive data and documentation, provided that their request is approved. The purpose of these restrictions is to ensure the responsible and ethical use of research data and documentation.

**Under which criteria data/document could be used**

In order to study or conduct research by mentioning the source.

**From where data/document is obtainable**

If you need data, contact  
as.m7.moradisetayesh@gmail.com.

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

After receiving the request and reviewing it by the main researcher, the data will be sent to the requester within

a week, along with a letter of commitment stating that the data will not be published without the name of the main researcher and that the privacy and confidentiality

of the research participants will be preserved.  
**Comments**